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# CITY NEWS

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## INSIDE

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## AT A GLANCE

**Plainfield Mayor says no to half-way house**

PLAINFIELD—Mayor Mark A. Furry confirmed his Administration's opposition to the Volunteers of America's (VOA) plan to establish a half-way house for ex-convicts within the City of Plainfield. In a statement Furry stated, "My opposition to the VOA plan is consistent with my previously expressed opposition to the Union County Educational Services Commission's plan to convert Wardlaw Harrison to a consolidated school for 'disaffected' youth in Plainfield, my opposition to the Park Hotel, and other efforts to dump state and county problems on Plainfield."

The Mayor continued "The Administration understands the limitations of the law in this issue and that many at the prospective program participants are originally Plainfield youths who might return here anyway; but we will not permit another group home fiasco like the Park Hotel."

Furry concluded that he was grateful to area residents for speaking up on this issue, noting that, with their help, "maybe Fourth Ward Councilmen Scott and Green will support legislative measures like a certificate of occupancy ordinance to help fight these unwanted installations."

**What is ethical in Washginton: The case of Ron Brown**

by Eric H. Kearney

Do good deeds ease behavior which appears inappropriate? This is certainly the ethical analysis through which U.S. Commerce Secretary Ron Brown is considering.

In fact, such an analysis, is at the heart of ethical debate. Are certain acts appropriate in certain contexts and then completely inappropriate in another context? If there is one, another, ethical standard, then it can be logically surmised that an act will be immoral, no matter the context. However, if morality is subjective, dependent upon the situation and the evaluator of morality, then it is much more difficult to determine what is right or moral and what is wrong or immoral.

The answer may be found in the review of philosophers. Bertrand Russell might conclude that what is right or wrong depends upon the value system of the person. One person's value system is no better than another person's value system. Another philosopher, Thomas Reid, might conclude that there is a natural rule of law, or moral conscience, to which all people adhere.

This is the underlying philosophical debate facing African-American leaders such as Brown, a Washington, D.C. native, and former Agriculture Secretary.

See DC ETHICSPage 8

# FLETCHER TESTS GOP PRESIDENTIAL WATERS

By Jan M. Edgerton Johnson

In an exclusive interview with City News Managing Editor Jan M. Edgerton Johnson, Arthur A. Fletcher stated that the right wing element in the Republican Party has launched an attack against the hopes, dreams and ambitions of 60 to 70 million people who make up 53 percent of the American workforce. He believes that in doing this, the nations security, stability, prosperity and promising future is in jeopardy.

On Wednesday, April 5, 1995, Arthur Fletcher announced his latest interest in becoming the Republican

Party's pro-affirmative action, African-American candidate for President of the United States. In doing so, he has authorized a committee to "test the waters" nationally to determine if he should become an announced candidate for President by or before Independence Day, July 4, 1995. The committee's purpose is to discover if Fletcher can put the support needed to remain in the race to the GOP's National Convention and beyond.

Twenty-six years ago, on June 27, it was Fletcher, serving as the U.S. Department of Labor's first assistant secretary of Employment Standards,

who issued the revised Philadelphia Plan which targeted construction industry firms working on federal contracts in the Philadelphia area. It was the first ever affirmative action enforcement order issued by the federal government.

The Revised Philadelphia Plan co-authored by Fletcher was tied to the spending of federal funds which meant that the court-sanctioned mandated standards applied whenever and wherever federal funds were spent to purchase supplies, materials, equipment and services.

As soon as state and local governments revised their procurement

policies, practices and procedures, the Revised Philadelphia Plan applied across the board. Fletcher contends that because the Fortune 1000 companies performed as prime and subcontractors for government at all levels, The Revised Philadelphia Plan, changed America's exclusive white male preference employment to include equity for racial minorities and women.

Responding to the fact that, according to the polls, the majority of Americans do not favor affirmative action, Fletcher said, "I'm going to challenge them to understand it. Since I wrote it, I'm not going to let

the right wing interpret it. Nor, am I going to allow confused black folk and anyone else be guided into opposing affirmative action when they don't even understand it."

"[Affirmative action] cannot be defined simply. That's why the right wing, has taken advantage of the complexity of it. [They] recognized however that difficult though it is, it achieved beyond their wildest imagination. And if it is left to continue, even at the trickle pace that it is going, it will bring about changes that right wing America never did want to happen or want to

See FLETCHERPage 10

## Blacks won't face up to 'racism reality'

by Chester A. Higgins, Sr.

WASHINGTON, DC—The way Dr. Frances Cress Welsing sees it, racism, nationally and globally, is a big and hairy problem, make no mistake. But worse still is black refusal to face up to that reality.

Dr. Welsing, a third generation African-American psychiatrist, told a packed audience at the Bethune-Dubois Fund Forum on Capitol Hill—her voice crackling with dry wit—that black people are keeping their heads buried in the sand. Today our amazing brothers and sisters, are some what like the Jews in the early years of Hitler's Germany, refusing to face up to rising racial

nightmare, she said. Part of this nightmare, she said, is embraced in her forum titled "ABC: Issues That Impact African Americans."

The issues are:

■ "A" for affirmative action, now under withering GOP fire.

■ "B" for the book *The Bell Curve*, that questions the intelligence of black people, and

■ "C" for the GOP's slashing "Contract With America" that threatens everything affecting poor and disadvantaged people from welfare to children's school lunches.

"We can deal with them as abstractions, not placed in context and not relating to the basic issue of racism, and thus go around and around in circles," Welsing said. She continued, "But they can all be tied together if we understand that at the bottom it is racism and racism means white supremacy" in this growing climate of hate. What is its foundation? Why a gnawing fear of white genetic annihilation, by the robust sexuality of numerically superior black and darker races, according to Welsing?

Germany figured in the early life of Dr. Welsing. She told the story of her matriculation at "liberal" white (there were two blacks: she and a young man) Antioch College, in Yellow Springs, Ohio. She lamented loudly over why "my parents sent me there." "So you can

learn things you couldn't learn elsewhere," she was told. Welsing parents, who lived in Chicago where she was born, also promised she could have anything she asked for upon graduation.

"I don't know, maybe I should have been put on a psychiatrist's couch, because I didn't ask for a car when I graduated in 1957. I said I wanted to go to Germany and live for a while with the German people. My parents were cool," she laughed, and granted her wish without raising an eyebrow.

It was just five years after the horror of World War II that ended with Dr. Welsing lived among the people. "I would ask them, 'Do you understand what you did to your neighbors (the Jews) during the war?' And each time these nice people would stop smiling and look down at their feet."

Welsing entered Howard University Medical School in 1958. Interned at Chicago's Cook County Hospital 1962-63, followed by a residency in psychiatry, from 1963-66, at Ellanabeth's Hospital in Washington, D.C. She has published several books, including the widely-read, *The Isis Papers*, and is now retired from years of a successful teaching career and public service.

But she never forgot her German experience. "If," she told her audience, "this head-in-the-sand experience could happen to those nice people, it can happen to anyone."

"Some African Americans grow, 'There she goes, talking about that racism, again! She's crazy,'" Welsing said, in a mimicking voice. "But I maintain that no person who is classified as non-white can go forward in mental health if they do not first and foremost put racism in their understanding..."

See RACISM REALITYPage 10

**...I maintain that no person who is classified as non-white can go forward in mental health if they do not first and foremost put racism in their understanding...**



Pictured left: Charlotte Coffin, president, Girl Scout Council of Greater Essex County; Leslie A. Vial, representative, Bell Atlantic; Vivian Sanks King, Esq., honoree; Dr. Beverly Dunston Scott, honoree; Janice C. Lillian, executive director, Girl Scout Council of Greater Essex County; and Senator Wynona Lipman, award presenter. Photo by Glen Fiske.

## Annual Women of Distinction Luncheon

MONTCCLAIR—The Girl Scout Council of Greater Essex County held its Third Annual Women of Distinction Luncheon recently, during which Vivian Sanks King, Esq., vice president of Legal Management at the University of Medicine and Dentistry of NJ and Dr. Beverly Dunston Scott, a private consultant, community activist, were honored for their outstanding community outreach efforts. Minutes of ceremonies for the event was Kent Manahan, news anchor for New Jersey Network.

Presenting the awards were New Jersey State Senator Wynona Lipman and Kelly Cahill, one of the event's honorary chairs. Included in the program was a flag ceremony performed by several county Girl Scout Troops. Senior Girl Scouts Aime Figueiredo and Marisol Welsing shared their interpretations of what the Girl Scout awards

meant to them. Figueiredo, recently earned her Girl Scout Gold Award, the highest award to be earned by a Girl Scout by conducting a citizenship project aimed at helping residents in their community to achieve naturalization status. Lopez is a Silver Award recipient, who earned her award by organizing a clean-up project at her church.

The Women of Distinction Awards were established in 1992 to recognize women, who through their personal or professional lives, exemplified the character and ideals of the Girl Scout Promise and Law, and provide positive female role model for young girls. The Corporate Award is presented to an organization which consistently provides the Girl Scout Council with either financial support of programs or the donation of in-kind goods and services.

See LUNCHEONPage 6

## Breakfast linked to school performance



CEDAR KNOLLS, NJ— "Children who come to school hungry have a hard time concentrating in their morning classes are sometimes disruptive and prone to a higher rate of absenteeism than those students who eat a nutritious breakfast every morning," says Rosemary Logue, M.S., R.D., nutrition education specialist with the American Dairy Association and Dairy Council, Inc. (ADADC).

Today's parents often have as many assignments as their school-aged children. Getting ready for work and getting children ready for school leaving little time in the morning, often resulting in breakfast on the run, or worse, no

breakfast at all. Breakfast for today's children have gone from steaming bowls of oatmeal, hot cocoa made from scratch and thick slices of French toast to a meal of quick-grab foods like doughnuts and chips.

"Eating a nutritious breakfast makes children alert and gives them energy. Whether it's not enough time in the morning, or an economic situation that prevents kids from eating breakfast, the fact remains that students who come into the classroom not having eaten anything since the night before, approximately 12 hours ago, are not prepared to learn," explains Logue.

Because many parents are unaware of the availability of breakfast programs, efforts to increase awareness and participation in school breakfast programs are being executed throughout the country by organizations including the U.S.D.A., the American School Food Service Association and Dairy Management Inc. Locally, ADADC nutrition educa-

tion specialists and registered dietitians are working with schools throughout Northern and Central New Jersey to increase awareness and participation in National School Breakfast Programs. Working closely with school food service directors and administrators, ADADC's staff is providing materials for in-school breakfast promotions and take-home information on the breakfast program for parents.

Logue says the school breakfast program as a convenient and economical alternative to feeding children at home. The school breakfast program is designed to provide children with a balanced meal that supplies one-fourth of their daily nutritional requirements.

The National School Breakfast Program was permanently authorized in 1975. Currently, 29.5 percent of those schools in New Jersey which participate in the National School Lunch Program are also participating in the National

See SCHOOL BREAKFASTPage 10

# PEOPLE

## Sorority celebrates Women's History Month



**NEWARK**—Members of Beta Alpha Omega Chapter, Newark of the Alpha Kappa Alpha Sorority, Inc. honored its recent meeting during Women's History Month. Two chapter members from the undergraduate AKA Chapter, Gamma Zeta, Lucie Thibault, president of Gamma Zeta and Dielanda Duma, were also honored. Pictured L-R: Kim Faagin, Dielanda Duma, Gail Gillespie, Lamya Clarke, president of Beta Alpha Omega, Genevieve Hardy, Beatrice Herring, Catherine Greene, and Dr. E. Alma Flagg. Poetry readings, Art displays, music, Afrocentric books were offered from the honorees.



## Watson named executive fellow for Public Policy Institute

**TRENTON**—William A. Watson, chief of staff for the city of Trenton for the past five years, has been appointed an executive fellow at the Public Policy Institute which is now being formed at Thomas Edison State College. Trenton's only four-year college. Trenton Mayor Doug Palmer (center) announced recently that he was accepting the resignation of Watson (left) effective May 15. Both Mayor Palmer and Council President Bill Wyder (right) stated that filling Watson's shoes would be a challenge. The Institute at Thomas Edison will provide practical assistance for decision makers in the State with regard to public policy issues. As an executive fellow, Watson's role will be to plan and direct the Urban Mayor's Partnership and to assist in other initiatives.



## Motley honored for King assassination observance

**LINDEN**—William Motley (l) of Linden received a resolution from Union County Freeholder Walter McLeod (r) for beginning the first citywide observance of the assassination of Martin Luther King Jr. ten years ago. "William Motley has continued his support of Linden's observance of King's death since he started it ten years ago. We commend him for his commitment to the observance and the dream of Dr. Martin Luther King," McLeod said.

## Auxiliary completes \$2 million pledge



**PLAINFIELD**—The Auxiliary of Muhlenberg Regional Medical Center has reached a new pinnacle of achievement with the recent presentation of a check to the medical center that completes payment of a \$2 million pledge made in 1986. (Left to right) John B. Doherty, of Green Brook, chairman of the Board of Governors, Muhlenberg Regional Medical Center, Bonnie Thul and Evelyn Null, both of North Plainfield and past presidents of the Muhlenberg Auxiliary, Brian A. Shaw, of Scotch Plains, Auxiliary president, Kenneth Turnbull, of Watchung, immediate past chairman, Muhlenberg Foundation, Sue Swenson, of Plainfield, past president of the Auxiliary and John R. Kopicki, of Cranford, president and chief executive officer, Muhlenberg Regional Medical Center, display a large check, symbolizing the completion of the Auxiliary's \$2 million pledge to the medical center. The money was raised by operating the Pavilion Square Gift Shop. The funds raised through the television service to Muhlenberg patients also went toward meeting that pledge, as did the proceeds of special events, such as the annual gala dinner dance.

## Community Calendar

**ATTENTION**—Audition brochures for the NJ Youth Symphony's 1995-96 music season are now available for youth ages 8 to 18. For more info call 908-771-5544.

**PLAINFIELD**—Registration is now open for children grades Pre-K thru 7 at Holy Family School. For more info call 908-755-0930.

### APRIL THRU MAY 10

**PLAINFIELD**—Literacy Volunteers of America sponsor several Spring Basic Training Workshops at Plainfield Public Library on Wednesdays at 6 p.m. For more info call 908-755-7998.

### APRIL THRU MAY 11

**HACKENSACK**—"Making Positive Changes" support group helping women take control over their lives at the Career and Life Counseling Center from 6:30 to 8:30 p.m. For info call 201-343-6000. Ext. 3345.

### NOW THRU JUNE 25

**MONTCLAIR**—Native jewelry making workshop at the Montclair Art Museum from 6:30 to 8:30 p.m. For info call 201-746-5556.

### MONTH OF APRIL

**TRENTON**—"Echoes From the Past: The Narrative Artistry of Palmer C. Hayden" art exhibit at the NJ State Museum. For info call 609-292-5420.

**TRENTON**—New Jersey in Time of War" four part series will be held Saturdays at the New Jersey State Museum at 2 p.m. For more info call 908-923-7143.

**PLAINFIELD**—Music lessons for senior citizens at French School of Music. For info call 908-757-3087.

### APRIL 4 - 18

**HACKENSACK**—Self-Esteem/Assertiveness for teens seminar at Bergen County Technical Schools from 6:30 to 8:30 p.m. For info call 201-343-6000. Ext. 3345.

### WEDNESDAY, APRIL 12

**MAHWAH**—Australia Modern Dance Dou at Ramapo College at 4 p.m. For more info call 201-529-7995.

**MONTCLAIR**—"Midwifery: An alternative in Women's Health Care" at Montclair State University. For more info call 201-855-5114.

**PLAINFIELD**—Board of Directors meeting (Plainfield Action Services Community) at 7:30 p.m. at City Hall.

### NOW THRU APRIL 12

**HACKENSACK**—English as a second language writing skills course at

Bergen County Technical Schools from 6:30 p.m. to 8:30 p.m. To register call 201-343-6000. Ext. 3353.

### APRIL 12, 13

**PLAINFIELD**—Eight hour "Driving Refresher" course for those over 55 at Muhlenberg Hospital. For more info call 908-668-2816.

### THURSDAY, APRIL 13

**NEWARK**—Membership meeting for People Organization for Progress at Newark Library at 6:30 p.m. For more info call 201-643-7711.

**JERSEY CITY**—"Domestic Violence: Could it be you next?" lecture at Jersey City State College at noon. For more info call 201-200-3169.

### APRIL 13 THRU 27

**MONTCLAIR**—The Urban League of Essex County is offering a Homebuyers Education Course on Tuesdays and Thursdays at the Urban League's office in Montclair. Classes run from 6 to 8 p.m. For fee and information call 201-746-7755.

### SATURDAY, APRIL 15

**NEWARK**—Volunteer Income Tax Assistance program Saturdays in the Newark Public Library from 9 a.m. to noon. For info call 201-753-7793.

**NEW YORK**—Learn the craft of Indian coil basketry at the Peconic Tavern Museum from 1 to 3 p.m. For more info call 212-425-1778.

### APRIL 18 - 27

**PLAINFIELD**—Introductory level WordPerfect courses at Union County College in Plainfield and Elizabeth from 9 to 11 a.m. For more info call 908-709-7108 or 7600.

### TUESDAY, APRIL 18

**PLAINFIELD**—Financial aid workshops at Union County College at 6 p.m. For more info call 908-412-3571.

**MADISON**—Alcohol and Drug Abuse in the Workplace symposium at Fairfield Dickinson University from 6 to 8 p.m. For info call 201-693-8547.

**JERSEY CITY**—"Legal Education Night" lecture at Jersey City State College at 6 p.m. For more info call 201-200-3169.

### WEDNESDAY, APRIL 19

**JERSEY CITY**—"Healing the Wounds of Inner Turmoil" lecture at Jersey City State College at 1 p.m. For more info call 201-200-3169.

**UNION**—Women's Chorus and Chamber Ensemble concert at Keen College at 7:30 p.m. For info call 908-527-2337.

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## NATION

## The changing politics of race

## NATIONAL NEWS at a glance

## ■ \$16 million settlement reached for refusing to insure blacks' homes

In the first Justice Department action against an insurance company under the federal Fair Housing Act, American Family Mutual Insurance Company has agreed to pay over \$16 million for allegedly providing blacks with inferior policies than those offered to whites and in some cases for simply refusing to insure homes of African Americans. "When property is not insured, homes cannot be rebuilt, neighborhoods deteriorate, and communities suffer," said Attorney General Janet Reno. The company has agreed not to discriminate based on race and to pay over \$16 million in damages to compensate the victims. It also agreed to advertise in media that target African Americans and inspect homes in African-American neighborhoods on an equal basis as in white neighborhoods. Among the charges in the complaint: American Family gave explicit instructions to agents and underwriters to consider race in deciding whether, and on what terms, to offer homeowners insurance; required agents to consider race as a factor in deciding whether to inspect a home; and made disparaging and stereotypical references about blacks as being poor insurance risks. —MILWAUKEE.

## ■ Alternative employment opportunities

While many blacks often turn to Fortune 500 companies for employment, the Department of Labor says that companies with less than 500 workers are the best source of jobs for the future. Some organizations for sources of information and guidance for African Americans getting into the job market are: Alternative Action Register, 6550 Olive Blvd., St. Louis, MO 63132, 314-993-0511. See BRIEF page 10.



by Dr. Manning Marable

Everywhere we turn today, the headlines and the media seem to be preoccupied with the politics of race. Sometimes the politics of race is obscured in an asseptic language, in which the victims and the predators are half-hidden or even inverted; sometimes on late-night talk shows or even racial films, the politics of race which are addressed through personalities or issues connected with the black community come under vicious attack or parody.

In recent weeks and months, the politics of race has been expressed through a variety of issues and events: for example, affirmative action and minority set-aside programs are publicly attacked as policies promoting "reverse discrimination"; the televised trial of former football superstar O.J. Simpson continues to fascinate millions of Americans, with its burlesque mixture of interracial sex, double-homicide, spousal abuse, and police misconduct; welfare programs are under new scrutiny, with calls for mandatory work by AFDC recipients, and demands to outlaw support to unwed mothers under the age of eighteen; and new restriction are being pushed on nonwhite immigrants, from the denial of access to public medical services to the imposition of "English Only" language requirements.

Race thus continues to be central to American politics, but its definition and meaning are being radically transformed.

One reason for this is the massive migration of millions of Latin American, Caribbean, Asian and African people into the U.S., as well as in Western Europe, since

the 1960s. The influx of these new minorities in Europe has meant the break down of older racial identities and communities. For example, in the United Kingdom by the 1970s immigrants from the Caribbean, Asia and Africa of radically different ethnic backgrounds and languages began to term themselves "black," as a political entity.

In the US, the search for both dis-aggregation and re-articulation of group identity and consciousness among people of color is also occurring, although along different lines due to distinct historical experiences and backgrounds. In the Hawaiian Islands, for example, many of the quarter million native Hawaiians support the movement for political sovereignty and self-determination.

But do native Hawaiians have more in common culturally and politically with American Indians or Pacific Islanders? What are the parallels and distinctions between the discrimination experienced by Mexican Americans in the US Southwest and African-Americans under slavery and Jim Crow segregation? Do the more than five million Americans of Arab, Kurdish, Turkish and Iranian nationality and descent have a socioeconomic experience in the US which places them in conflict with native-born African-Americans, or is there sufficient commonality of interest and social affinity which provides the potential framework for principled activism and unity?

Similar questions about social distinctions rooted in mixed ethnic heritages and backgrounds could be raised within the black community itself. At least three out of four native-born Americans of African descent in the US have to some extent a racial heritage which is also American Indian, European, Asian and/or Hispanic. Throughout much of the Americas, racial categories were varied and complex, reflecting

a range of social perceptions based on physical appearance, color, hair texture, class, social status and other considerations.

In the US prior to the Civil Rights Movement, with a few exceptions, the overwhelmingly dominant categorization was "black" and "white." In the late 1970s, the Federal government adopted a model for collecting Census data based on four "races"—black, Asian, American Indian and white—and two ethnic groups—Hispanic and non-Hispanic—which could be of whatever "racial" identity.

Today, all of these categories are being contested and questioned. Some Of the hundreds of thousands of African-Americans and whites who intermarry have begun to call for a special category for their children "multi-racial." By 1994, three

states required a "multi-cultural" designation on public school forms, and Georgia has established the "multi-racial" category on its mandatory state paperwork.

The "multi-racial" designation, if popularized and structured into the state bureaucracy, could have the dangerous effect of siphoning off a segment of what had been the "black community" into a distinct and potentially privileged elite, protected from the normal vicissitudes and ordeals experienced by black folk under institutional racism. It could become a kind of "passing" for the twenty-first century, standing apart from the definition of blackness.

Conversely, as more immigrants from the African continent and the Caribbean intermarry native-born black Americans, notions of what it means to be

"black" become culturally and ethnically far more pluralistic and international. The category of "blackness" becomes less parochial and more expansive, incorporating the diverse languages, histories, rituals and aesthetic textures of new populations and societies.

Any movement for black empowerment in the future must take into account the full dimensions of the ethnic and social transformation occurring now inside the US, reframing our agenda to take into account these new populations.

We can only win the battle for equality if we have courage to build a strategy of coalitions and multi-cultural dialogue, mobilizing others against white conservatism. We can defeat the politics of race, only if we recognize how the color line is being transformed.

## Slavery in the Sudan: Fact or propaganda?

by Malik Peter Simon

Sudan, the largest country on the African continent and first to receive its independence from the British Crown, is now plagued with civil war and strife. Added to her many problems is the mounting rumors of government involvement in terrorist activities, enslavement, and inhuman practices against the southern Sudanese population, who are predominantly Black Africans.

Charges of alleged cruelties and slavery were voiced by Charles Jacobs, a Jewish guest who appeared on "Tony Brown's Journal" which aired in January 1995 on PBS television.

At the invitation of the Sudanese government and Akbar Muhammad, International Representative for the Nation of Islam (NOI), several African-American journalists traveled to the Sudan on a fact finding mission to gain a balanced perspective on the problems facing the country.

Among the journalists were: Mr. Jehron Hunter

writer for two Philadelphia Newspapers, and "Blacks in Higher Education," Mrs. Alice Thomas publisher of "The Sudan Now" discussed some of the existing problems facing the Sudan. Civil War, he quoted, "was being waged between the present government in the north and rebel forces in the South." It is reported that the leader of rebel forces, Dr. John Garang is reported to have his headquarters in Uganda and backed by the Ugandan and Kenyan governments.

Garang is said to have engineered the recruitment of some 20,000 youth ranging in ages from 8-15 years. The captured youth most of whom are taken from southern Sudan, are illegally transferred to camp hideouts in Kenya, Ethiopia, and Uganda where they

See SLAVERY page 6.

Polls Open from 7 a.m. to 9 p.m.

Vote.

April 18, 1995

Five-Year Comparison Shows Local Share of School Budget Remains

Constant for 4th Consecutive Year

Current Local Tax Expense: \$80,000,000

BALANCE APPROPRIATED \$18,502,000

LOCAL	
Local Tax Levy	80,000,000
Tuition	532,728
Miscellaneous	3,698,300

STATE	
Foundation Aid	300,600,001
Capital Outlay	1,876,717
Special Education	27,579,665
Transportation	4,931,543
Aid for "At-Risk"	40,815,529
Bilingual Aid	6,657,201
Other State Aid	5,670,819

FEDERAL	
Vocational Education	833,000
Impact Aid	150,000
Chapter I	23,765,011
Chapter II	800,000
PL 94-142 (Handicapped)	2,164,855
Other Federal	3,175,830

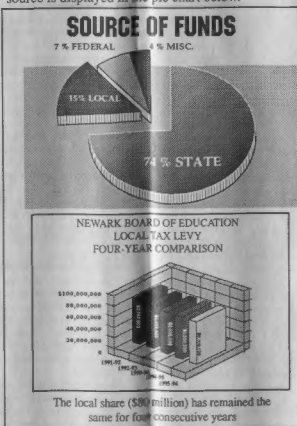
TOTAL DEBT SERVICE 10,098,631

TOTAL FUNDS \$534,853,830

## NEWARK SCHOOL BOARD

Election 1995

Newark public schools receive funding from three main sources: state aid, federal grants and local property tax. In the April 18 election, Newark voters will decide on the current expense. The percentage of funding from each source is displayed in the pie chart below.



## WHAT EACH DOLLAR BUYS

Instruction	\$ .47
Attendance and Health Services	.02
General Administration	.02
School Administration	.06
Business and Support Services	.02
Fixed Charges and Telephone	.11
Operation and Maintenance	.12
Transportation	.03
Tuition	.03
Food Service	.02
Student Activities and Athletics	.01
Capital Outlay	.01
Special Schools and Programs	.01
Special Revenue Fund	.07
Total	\$1.00

## Public Questions

Question I.

Local Share: \$80,000,000

A "Yes" Vote is in favor of the school budget

A "No" Vote is against the school budget

Question II.

The Board of Education of the City of Newark in the County of Essex, New Jersey, is authorized to acquire by purchase or condemnation parcels of land known as Lots 17, 18, 19 and 50 of Block 2694; Lots 16, 17, 19, 55 and 60 of Block 2701; and Lots 2, 8, 16, 17, 18, 43, 44 and 45 of Block 2700 on the official City tax map to be utilized for the Shabazz Athletic Complex in the School District.

A "Yes" Vote is in support of the proposal

A "No" Vote is against the proposal





# YOUTH BEAT

## KIDS CALENDAR

### ATTENTION:

**PLAINFIELD**—Day camp for youth with developmental disabilities. For more info contact The Arc of Union County at 908-754-2509.

**CRANFORD**—Eight Summer Sports Camp for youth 8-15 sponsored by Union County College and Union County Div. of Parks and Rec. For more info call 908-709-7602.

### MONTH OF APRIL

**METUCHEN**—Free to be ... You and Me! will be performed at 1 p.m. For more info call 908-648-0882.

**JERSEY CITY**—Computer Workshops for youth 6-9 will be offered at Jersey City State College. For more info call 201-200-3089.

**NEW YORK**—Ringing Bros. and Samum & Bailey Circus will appear at the Meadows Arena. For tickets call 201-507-8900.

### APRIL 15, 22, 29

**NORTH BRANCH**—The Little Star that Could (planetarium) at 1:30 p.m. for youth 10 and under at Raritan Valley Community College. For more info call 908-725-3420.

### APRIL 9-15

**National Library Week**, encourage your children to read, today, tomorrow (and forever). Join your local library for special programs.

### WEDNESDAY, APRIL 12

**GREENBROOK**—Easter egg hunt for ages 1 to 12 at Greenbrook Manor at 3:30 p.m. For more info call 908-968-5500, ext. 41.

### APRIL 15, 16

**NEW YORK**—Let's Go Fishing! workshop at the Children's Museum of the Arts for children 6-10, every hour between noon and 3 p.m. For info call 201-674-1776.

### APRIL 17 THRU 21

**EAST ORANGE**—Free swim lessons at the YMCA for youth 5-15 from 9 a.m. to noon for beginner and advanced swimmers. REGISTRATION IF FIRST COME FIRST SERVE BASIS. For info call 201-673-5588.

### TUESDAY, APRIL 18

**WESTFIELD**—"Ice Cream Social" from 1 to 2:30 p.m. at the Rutgers Cooperative Extension for youth 7 to 12. For more info call 908-654-9854.

### BLOOMFIELD—"CircusWorks"

at Bloomfield College at 2 p.m. FREE. For info call 201-749-9000, ext. 343.

### THURSDAY, APRIL 20

**WESTFIELD**—"Ice Cream Social" from 1 to 2:30 p.m. at the Rutgers Cooperative Extension for youth 7 to 12. For more info call 908-654-9854.

### SATURDAY, APRIL 22

**JERSEY CITY**—"MacKids" computer workshop for youth 6-12 at Jersey City State College. For more info call 201-200-3089.

### SATURDAYS, APRIL 22, 29

**JERSEY CITY**—"Adventures in Literature for Grades 5-9" workshop at Jersey City State College. For more info call 201-200-3089.

## McDonald's honors 'Black History Makers of Tomorrow'

**OAK BROOK, IL**—Ten of the nation's top high school juniors recently enjoyed an all-expense-paid trip to Chicago, where they were honored as winners of "McDonald's Black History Makers of Tomorrow" (BHMOT) program.

The leadership conference offered interaction with several prominent African Americans, including Malik Yoba, star of Fox network's "New York Undercover." Yoba, who served as celebrity host of this year's BHMOT program, presented his youth empowerment workshop titled "Why Are You On This Planet?" Held at Chicago's Museum of Science and Industry, the workshop offered the finalists an opportunity to share their views on leadership with an audience of 200 students.

Other key activities arranged

for the conference included "Adventure to the Homeland," a breakfast symposium focusing on Africa. Notable panelists leading the discussion included: Dr. Delores Cross, president of Chicago State University; South Africa-born Dr. Isaac Thapadi, a Chicago-based neurosurgeon who recently met with President Nelson Mandela; Susan Anderson, director of Southern Africa programs at New York's African-American Institute; and Haki Madhubuti, poet and founder of Third World Press.

"These students intend to make positive contributions to the future," said Stephanie Skurdy, Director of Communications, McDonald's Corporation. "They are young people who are already making a difference in their communities and serve as role models for their peers."

One long-standing tradition has been McDonald's commitment to young people and the desire to improve the quality of education—this program focuses on both of these issues.

Since 1983, the program has identified and honored students who exemplify leadership, strong character, community service and academic excellence; and reflects McDonald's commitment to community partnerships working with educators to help recognize young people making a positive impact on black history.

This year's national winners were selected from more than 2,000 applicants who submitted essays titled "How I Plan to Make an Impact on Black History." They each received a \$1,000 scholarship, a crystal award and other gifts.



FIRST ROW: Hilda Gautier, Baton Rouge, LA; Fareed El-Amin, Atlanta, GA; Michael McKnight, Cranston, RI; Shaketa Williams, Sulphur Springs, TX; SECOND ROW: Bernice Howse, Washington, DC; Edidiong Ike, Miami, FL; Stephanie Skurdy, McDonald's Corporation; actor Malik Yoba; Sharonda Mann, Rocky Mount, NC; Shameka Allen, Lakewood Terrace, CA; UPPER LEFT: David Clement, Hawthorn, OK. UPPER RIGHT: Mychal Thom, Monroe, MI.

## Earn college credits at NJIT summer academy

**NEWARK**—Instead of just working this summer, why not get a jump on your college career by attending the Summer Academy in Technology and Science at New Jersey Institute of Technology.

The Summer Academy is a five-week program for academically talented high school students grades 10-12, offering courses in Architecture, Chemistry, Engineering, Management, Mathematics, Physics, Humanities and Social Science, Science, Technology and Society, and Computer Science. The program runs from July 5 to August 4, 1995.

Participants can earn up to eight college credits that can be applied towards undergraduate degrees at NJIT and most other universities. Students also have the option of living on-campus during the program to

enhance their total college experience.

"Many times students choose a major based on what they think they will enjoy, the jobs their parents have, or potential earnings. When they go to college, some find themselves changing their major because it turned out to be a lot different than they expected. The Summer Academy lets them find out first-hand what the subject is like, and if they are really interested in it ahead of time," explained Fadi P. Deek, who teaches the Computer Science section and is director of Undergraduate Curriculum in the Department of Computer and Information Science.

The application deadline is May 1. For more information or an application call 201-569-3679 or in NJ toll free 1-800-222-NJIT.



## Irvington celebrates Youth Art Month

Mayor Sarah Bost (r) joins youth in celebrating March as Youth Art Month. (l to r) Mary Jane Austin, Supervisor of Art Education for Irvington Schools; Malika Mickins, Junior at Irvington High School; Melissa James, Senior at Irvington High School. Photo by Glen Flesner.

## College scholarships

**PORTSMOUTH, NH**—Each year individuals preparing to go to college or graduate school face the dilemma of how to pay for tuition, room and board, text books, lab fees, and other expenses. That's because college costs have skyrocketed and continue to increase yearly, putting

extra strain on family budgets.

Yet, there are over 375,000 funding sources available to assist students. Contrary to popular belief, over 80 percent of the funds available to students do not depend on family need or high grades. Many are based on factors such as the student's interests, hobbies, academic focus, age, ethnic background or parent's work or military service.

Remarkably over \$6.6 billion of this funding goes uncollected each year simply because people do not ask for it, according to a report by the National Commission on Student Financial Aid. Now a new academic funding publication, updated for 1995 is available to help step students through the process and to outline their options and identify sources for assistance.

For information on how to receive academic funding and scholarships send a No. 10 self-addressed, double stamped envelope plus \$2.00 to cover handling to the National Academic Funding Administration, 815 Middle Street, Suite 1300, Portsmouth, NH 03801.

## High School Redirection accepting applications

**NEWARK**—If you know a Newark resident 16 to 21 years old who has dropped out of high school and would like to return to earn a diploma, High School Redirection is accepting enrollment applications for its May 31 deadline.

High School Redirection, located on 13th Ave., is an innovative, alternative education program for Newark residents who voluntarily enroll. Child care is available on-site for a limited number of young parents pursuing their studies at High School Redirection.

Many of our students previously attended the city's traditional high schools and somehow got lost

See REDIRECTION page 6

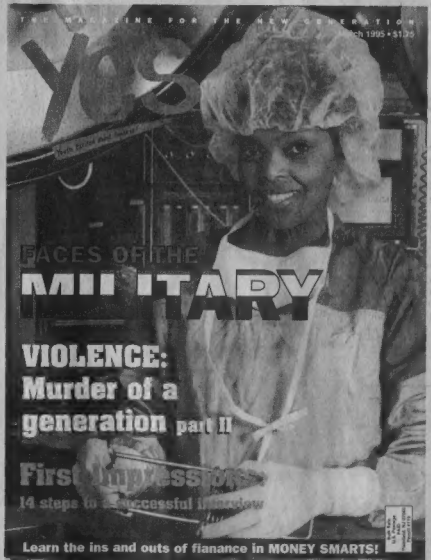
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Story by Greg Morehead

Artwork by Darnell Bradley



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SCHOOL:	GRADE:		
SEND GIFT SUBSCRIPTION TO:			
ADDRESS:	CITY:	STATE:	ZIP:

• RETURN TO: YES MAGAZINE, P.O. BOX 191, PLAINFIELD, NJ 07061 •

## Religious Calendar

SUNDAY, APRIL 9 - 14

**NORTH PLAINFIELD**—Holy Week Services At Community Baptist Church, featuring choir, ministry and congregations from the tri-state area including Rev. Calvin O. Butts of Abyssinian Baptist Church. For more info call Rev. Wayne Alston 908-753-2026 or 908-7821.

SUNDAY, APRIL 16

**NORTH PLAINFIELD**—Easter Sunday Sunrise Services with Progressive Baptist Church at Community Baptist Church. For more info call Rev. Wayne Alston at 908-753-2026 or 908-7821.

**NORTH PLAINFIELD**—Easter Sunday Services with Rev. Clarence Walker of Clarence Walker Ministries in Philadelphia, featuring Community Baptist Church Combined Chorus at Community Baptist Church. For more info call Rev. Wayne Alston at 908-753-2026 or 908-7821.

TUESDAY, APRIL 18

**PLAINFIELD**—The Dlard University Concert Choir at Shiloh Baptist Church at 8 p.m. For more info call 908-754-3353.

SATURDAY, APRIL 29

**RAHWAY**—Soul Brothers Production Second annual Gospel show at the Union County Arts Center at 8 p.m. For more info call 908-499-0441 or 201-929-4955.

## Redirection

(Continued from page 5)

academic lives through the school's Personal Development and Career Exploration (PDCE) course. The PDCE classes are daily 40-minute group sessions that focus on many important qualities, including development of self-esteem, goal setting, interpersonal relationships and values clarification.

To apply for admission to Newark High School Redirection, call 201-733-7067 or 7068.

**ROSELAND**—As you begin preparing your 1994 income tax returns, you may be interested in knowing some of misconceptions people have about federal taxes. The New Jersey Society of Certified Public Accountants (NJSCPA) points out twelve common myths about taxes, followed by the correct explanation of the rules.

**1** Taxpayers who take the automatic 4-month extension instead of filing by April 15 are more likely to be audited. **Wrong.** There is no correlation between extending the filing time and getting audited.

**2** Using the preprinted label on the return increases the chance of getting audited. **Wrong.** The label simply speeds up the processing of your return.

**3** If you can't pay your tax owed, it's best not to file your return. **Absolutely Wrong.** Willful failure to file is a federal crime. Taxpayers who can't pay all or part of the tax should file their returns and attach Form 9465 requesting an installment payment plan from the IRS.

**4** If you support your parents in a nursing home, you can't claim

them as dependents because they don't live with you. **Not necessarily.** Parents need not live with you for you to claim them as dependents. Dependents who are not "relatives" under the tax law must live with you. Certain taxpayers who support dependents may also qualify for the benefits of head-of-household filing status.

**5** Money received as a gift or inheritance is taxable. **Not as a general rule.** Money or property received as a gift or inheritance is exempt from federal income tax; paying the federal gift or estate tax is the responsibility of the donor or the decedent's estate. But if the tax isn't paid by the donor or the estate, then the IRS has the right to come after the donee or heir.

**6** Spouses who are separated but not yet divorced have only two choices when it comes to filing returns: file "jointly" or "married-filing-separately." **Not**

**always.** There are important exceptions. A spouse may be able to qualify to file either as a single person or as the beneficial head-of-household. Various tests imposed by the tax law must be met. **Note:** Filing jointly usually means you are liable for any tax later found to be owing—either by you or by the other spouse.

**7** Spending money to get a tax deduction is always a wise move. **Not always.** The days of the old-fashioned tax shelters are gone. Never spend or invest money just to gain a deduction.

**8** A pay raise can cost you money by pushing you into a higher tax bracket. **Hardly ever.** The graduated rate bracket system prevents this. However, due to certain quirks in the tax laws, higher income individuals will feel the tax bite more as their incomes rise.

**9** Tax-exempt income is never taxable. **Not always true.** Income

that is exempt from federal tax may be subject to state tax. Also, large amounts of tax-exempt income may cause individuals receiving Social Security benefits to pay tax on a greater amount of those benefits.

**10** The IRS will always accept canceled checks as proof of charitable contributions. **Wrong.** The law has changed. For charitable gifts or contributions of \$250 or more, a written acknowledgment must be obtained from the charity.

**11** The IRA deduction is defunct for those who have retirement plans at work. **Not entirely true.** If your 1994 adjusted gross income is below \$35,000 for single filers and heads-of-households, or below \$50,000 for joint filers, you are entitled to at least a partial deduction for an IRA contribution. Remember, you can always make up to \$2,000 per year in nondeductible contributions to an

IRA (up to \$2,250 in the case of a spousal IRA); that investment grows on a tax-deferred basis.

**12** State and local general sales tax, gasoline tax and driver's license fees are deductible for federal income tax purposes. **Not anymore,** unless they qualify as business expense deductions. Sales tax, gasoline tax and license fees have not been deductible on federal returns for many years. State and local income taxes, as well as real estate and personal property taxes, are still deductible as itemized deductions on your federal return.

This information was compiled from an informal survey of members of the Tax Section of the American Institute of Certified Public Accountants (AICPA).

The New Jersey Society of CPAs represents 13,500 members in public accounting, industry, government, education and nonprofit organizations.

## Luncheon

(Continued from page 1)

King, recipient of the Girl Scout World of Well-Being Award, is a lifelong resident of Newark who has used her law degree to assist the community by serving on numerous organizations and professional boards. King served as a role model and mentor for girls who aspired to make the most of their lives and give of themselves to their community.

Dr. Scott, recipient of the Girl Scout World of People Award, is a private consultant and former professor at Rutgers University, NYU, and UMDNJ-Robert Wood Johnson

Medical School, who resides in Orange. Dr. Scott volunteers her time to tutor children and raised funds for educational scholarships to improve the quality of life for disadvantaged children, the homeless, sick and unemployed.

Bell Atlantic-New Jersey received the Corporate Award because of their financial commitment to the Girl Scout Council over several years, their support of the Council through the provision of goods and services, their implementation of community service programs and their corporate policies which provide equal opportunity for women.

## Connie

(Continued from page 4)

man for another year but, I'm sure he wants to be remembered as one of the great chairmen rather than the lame duck who lingered through his second year as chairman because he couldn't or didn't bring a raucous Democratic Party under control.

## Slavery

(Continued from page 3)

considered an Arab based on language and culture, denies the existence of slavery in the Sudan.

Other interviews held with government officials; members of the Clergy (Christian Sudanese); and local citizens from Northern and Southern Sudan, also denied that slavery exists in their country.

Bishop Gasrili Rorie, of Southern Sudan, interviewed at his home in Khartoum, not only rejects the notion of slavery, but considers walking for hundreds of miles, burdened down by heavy loads.

The western press has featured stories stating that the Arabs of the north are oppressing and enslaving the black Southern Sudanese. Kamal El Din, who is black and

considered an Arab based on language and culture, denies the existence of slavery in the Sudan.

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## Letter

(Continued from page 4)

and shelters, and distributed food for another 36,000 meals from food pantries in Union and Somerset Counties.

Clearly the threat of hunger is already a reality among thousands of children in our local communities. Concerned citizens cannot in conscience sit idly by and see conditions grow still worse. As chairman of the Coalition for Hunger Awareness, I would like to propose two courses of action.

First, pay close attention to the actions and stated intentions of our federal and state officials. Make your concerns and opinions known to Governor Whitman and your elected representatives in Washington and Trenton.

Second, give your support to local organizations working to combat hunger in our own communities. This can be done directly to the organizations or through the Coalition of Hunger Awareness, which is an umbrella group of congregations, non-profits and civic groups located in Union and Somerset Counties.

On May 7, the Coalition for Hunger Awareness is conducting its third Annual Walk for Local Hunger with a rally in Echo Lake Park, Mountainside. This would be a perfect occasion for all concerned citizens to demonstrate against hunger in our local communities and to participate in the effort to end its terrible threat to the families and children of our bountiful area.

—Steven Gottlieb  
Chairman, Coalition for Hunger Awareness

## It takes a whole community to raise a child

**NEWARK**—Bethany Baptist Church's For Christian Adult Singles (FOCAS) invites parents, grandparents, educators, and all concerned members of the community to a three day lecture series on "Traditional Parenting."

Part one on Saturday, April 22 from 10 a.m. - 2 p.m. the theme will be "What is family?"

The role of a parent in a child's life. Friday, April 28, 7:30 - 9:30 p.m., the second lecture's theme will be "Overcoming the problems of the teenage years: Inspiring responsible young

adults." The final lecture "Back To Basics: Parental Guidance and Family Support" will be held Sat. May 6, from 10 a.m. - 2 p.m. The series' facilitators will be Audrey Williams, Dr. Linda Epps, Administrator of Bloomfield College and Dr. Jeannette Williams, Principal in the Plainfield School System.

The event will be held at Bethany Baptist Church 275 W. Market St. Newark. Free Child Care will be provided. For further information and registration please call 201-623-8161.

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## ARTZ WEDNESDAY

## BILLBOARD

## MONTH OF APRIL

**NEW YORK**—"A Language of Their Own," play, at The Public Theater. For more info call 212-260-2400.

## NOW THRU APRIL 28

**PRINCETON**—Acrylic on Canvas art exhibit at the Brodsky Gallery in Chaucery Conference Center from 9 a.m. to 9 p.m. For more info call 609-921-3600.

## WEDNESDAY, APRIL 12

**NEW YORK**—Bruce Springsteen concert at Carnegie Hall. For more info call 718-522-7171.

## THURSDAY, APRIL 13

**NEW YORK**—"Water on the Front" a play featuring music by Wynton Marsalis at Brooks Atkinson Theater. For more info call 212-247-7800.

## APRIL 12, 13

**NEW YORK**—Guitarist Sherman Robertson performs at Chit-Chat B.L.U.E.S. For more info call 718-522-7171.

## THURSDAY, APRIL 13

**NEW YORK**—NJ Symphony Orchestra at Carnegie Hall at 8 p.m. For more info call 212-247-7800.

## APRIL 13-16

**NEW YORK**—Elvin Jones-Jazz Machine Downstairs at the Metropolis at 8:30 and 10:30 p.m. For more info call 212-678-2323.

## FRIDAY, APRIL 14

**NEW BRUNSWICK**—Blues guitarist Sherman Robertson performs at Old Bay Restaurant. For more info call 718-522-7171.

## APRIL 14 THRU JULY 9

**NEW YORK**—Photographs by Nadar, the celebrated portraits of the mid-19th century Paris will be on display at The Metropolitan Museum of Art. For info call 212-570-3951.

## APRIL 18 THRU JUNE

**CLINTON**—Comedy, "No Hard Feelings" will be performed at the Hunterdon Hills Playhouse. For more info call 1-800-495-7313.

## FRIDAY, APRIL 21

**WEST BURY**—Gladys's Night and Gerald Levert at West Bury Music Fair at 8 p.m. For more info call 516-334-0800.



## Alvin Ailey Ensemble performs in Montclair

**MONTCLAIR**—The Alvin Ailey Repertory Ensemble, under the artistic direction of Sylvia Waters, is set to perform on Saturday, April 22 at 8:00 p.m. at Montclair High School auditorium (Park and Chestnut Streets). The performance, which will benefit the Arts Council of the Essex Area. Regular ticket prices are \$30, \$25, and \$20 and patron tickets at \$50 (which include preferred seating and a post-performance reception at the Marlboro Inn) are available by calling the Arts Council office at 201-744-1717. Photo by Beatriz Schiller.

## 'Echoes of our Past' at State Museum

**TRENTON**—"Echoes of Our Past: The Narrative Artistry of Palmer C. Hayden," an exhibition of forty paintings by Palmer C. Hayden, including three of his most important works, will be on view at the New Jersey State Museum throughout the month of April. It is presented with support from AT&T.

The exhibition includes three of Hayden's most important works. Painted shortly after his return from Europe, "Fetiché et Fleurs" (1933), affirms the African-American cultural

sources symbolized by the carved head and the cloth on the table. "Midsummer Night in Harlem" (1936) conveys a sense of family cohesion of African Americans. The reliance on one another is made even more necessary by the "strange" urban surroundings, after having just migrated from the rural South. "Baptizing Day" (1946) echoes African origins, as depicted by the lush landscape, and merges these with the Christian custom of baptism in the Jordan River of every land.

"Ultimately, 'Echoes of Our Past' is about the personal vision of an artist who struggled to make manifest his own sense of reality, to create a world from his own experience of the world," said Zoltan Buki, Fine Art curator at the New Jersey State Museum.

The exhibition is on view in the Third Floor Fine Arts Gallery of the New Jersey State Museum, 205 West State Street, Trenton. General Museum admission is free. For further information call 609-292-6308.


## Jackie Robinson named 'All-Time Greatest Baseball Hero'

Sixty-five prominent Americans participated in a poll to name their "All-Time Greatest Baseball Hero." Jackie Robinson was selected more often than any other Major Leaguer. Robinson (1) was followed closely in the voting by Joe DiMaggio (2) and Stan Musial (3) who finished in a second place tie. Ted Williams (4) was third and Babe Ruth (5) and Lou Gehrig (6) tied for fourth. The informal survey was conducted for General Motors, corporate underwriter of the record-breaking Baseball series, which will be rebroadcast for the first time on a weekly basis beginning Monday, April 17 at 9:00 p.m., ET, on PBS (please check local listings). Photos courtesy of GM.



## Hank Aaron on TBS

Don't miss the world premier of *Hank Aaron: Chasing the Dream*, a two-hour documentary on "Hammerin'" Hank Aaron, the legendary baseball player who broke Babe Ruth's long-standing record in 1974 and overcame incredible challenges throughout his 23-season Major League career. The special airs Wednesday, April 12 at 8:05 p.m. (ET) on TBS.



**WBGO**  
Mother's  
Day  
Benefit  
Concert

Sunday, May 14th  
5pm  
Robert Treat Center in the  
Tri-State Ballroom  
50 Park Place, Newark,  
New Jersey

Betty Carter & Her Trio  
and  
Bradford Hayes Quartet

Sponsored by  
First Fidelity Bank and Broad  
National Bank  
Tickets are through WBGO  
at 201-624-8880

*jazz 88*  
WBGO/88.3FM

## PEOPLE WHO MAKE THINGS HAPPEN.

"Black people have got to pull together globally to fight racial injustice."

—Randall Robinson  
Executive Director  
TransAfrica, Inc.

Randall Robinson leads TransAfrica, the 15-year-old lobbying organization dedicated to the needs of African and Caribbean countries. By moving African and Caribbean human

rights issues to the top of the U.S. foreign policy agenda, Robinson and TransAfrica continue to work toward equality and peace for Black people around the world.

That's why Anheuser-Busch supports the work of TransAfrica, just as we support other educational and social programs, community projects and minority businesses.

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# BUSINESS

## Still too few blacks in Corporate America

### Business Calendar

WEDNESDAY, APRIL 12

**NEW YORK**—Strategic Planning in a Downsized Environment: Achieving Results in Turbulent Changing Organizations, an executive-level workshop Tuesdays and Wednesdays at the Marriott. For more info call 212-755-4000.

THURSDAY, APRIL 13

**UNION**—Secret of Writing Winning Proposals for Government Contracts workshop for small businesses at Liberty Hall Center from 8:30 a.m. to noon. For info call 201-648-5850.

**WILLIAMSBURG, VA**—American Management Association's "Fundamentals of Marketing: Your action plan for success" seminar at the Williamsburg Lodge Conference Center. For more info or to register call 1-800-262-9699.

WEDNESDAY, APRIL 19

**PLAINFIELD**—Minority Businesses, Making Bids and the Topper's Project meeting at the Plainfield Public Library at 7:30 p.m. For more info call 908-753-1311.

**NEWARK**—Regional Business Partnership's breakfast and exhibit at the NJ Historical Society from 8:30 to 10 a.m. For info call 201-242-6237.

### Moving into the 21st century

**WHIPPANY**—The Minority Business Development Group of the National Association of Purchasing Management, Inc. presents "Moving MBE Programs Into The 21st Century" on Wednesday April 19, 1995 from 8:00 a.m. to 7:00 p.m. at the Rancor Manor, in Whippany, NJ. Workshops include developing a strategic plan, marketing the MBE program, second tiering in addition to networking opportunities, and luncheon forum. For information, contact Kathy Purna (201) 544-5833.



by William Reed

Federal officials have recently discovered what was "old news" to black Americans, U.S. Department of Labor Secretary Robert Reich has admitted that minorities and women still are rare in the board rooms and executive suites of Corporate America, despite a "growing awareness" among corporate leaders of the "bottom-line value" of including them in senior management. "Progress has been disappointingly slow," and barriers to advancement persist, the department's Glass Ceiling Commission reported to Reich.

The report also found that black men with professional degrees earn 79 percent of the salaries of white men with the same job titles and educational backgrounds. A study of Stanford University business school graduates found that, more than a decade after graduation, men were eight times more likely than women to be corporate chief executive officers, said the report. The Glass Ceiling Commission, which was created in 1991, presented a report which documented the existence of so-called "glass ceilings," invisible barriers that keep minorities and women out of the highest levels of business.

Reich, a Clinton Cabinet member, says, "The world at the top of the corporate hierarchy still does not look anything like America," adding that two-thirds of the population and 57 percent of the work force is minority, female or both.

The report found that 97 percent of the senior managers of "Fortune 1000 industrial companies and Fortune 500 companies are white, and nearly all of them are men. In Fortune 200 industrial and service companies, five percent of senior managers are women, virtually all of them white.

Secretary Reich advocates increasing awareness of the benefits of diversity in the work place and enforcing the laws against discrimination in places of employment.

"If companies are discriminating against women and minorities, they are acting illegally," Reich said. "The companies have to change. Women and minorities don't have to change. Narrowing the pool of talent from which they draw is among other things, a blunder in competitive tactics," for corporations, he said.

Corporate leaders in the automotive, banking, and other industries, such as Hugh McColl of NationsBank, have stated that they now consider diversity in their workforce, and contracting practices, "is a good thing."

Many blacks say that Labor's report simply shows that most of America's employers have unfair hiring, contracting and consumer practices. An African-American respondent to a poll on affirmative action stated that such programs are necessary to overcome the glass ceiling "because of the serious disadvantages that blacks and other minorities have suffered in the workplace and in education. You have white managers in the majority of the high-level management positions and making decisions on promotions, pay raises and management positions. In that experience, they tend to hire and promote and favor those who are most like them either in ethnic or educational background."

In an example of employment, contracting and consumer matters that have a negative impact on African Americans, a part of the NAACP's national leadership is asking that blacks boycott Dr. Pepper and Seven-Up products alleging that the soft drink company, based in Dallas, has unfair practices against blacks and charge that the company has no black executives, even though 22 percent of its consumers are blacks.

Leaders of the Southeast regional chapter of the NAACP urged the company to start a \$500 million, five-year program to improve minority hiring and contracting. Pepper's spokesman Gary Rollins acknowledges that there are no black executives in the company's upper management, but stated that 14 blacks are currently working in entry-level, "management-track" positions.

The company also contends that two blacks rebuffed offers to serve on its board of directors, that blacks account for less than 8.5 percent of its sales, while 12 percent of the company's 950 workers are black.

Dr. Pepper-Seven-Up also says that the NAACP is "spreading false information" about it and about 15 percent of its outside spending is done with minority vendors.

Secretary Reich said it was understandable that the white men in high corporate positions feel comfortable hiring and working among people like themselves. "But (the report) is also a very strong argument for extra efforts to cast the net more widely and find qualified minorities and women," he said. He said persistent stereotyping of women and minorities, mistaken beliefs that they aren't qualified for management and decision-

making posts and fear of change keep the glass ceiling in place, although increasing numbers of corporate officers say they realize the need for diversity.

Patricia Ireland, president of the National Organization for Women, said the report "confirms the obvious" and that it might be "encouraging" for President Clinton who has ordered a review of federal affirmative action in light of calls from congressional Republicans to end them.

"Affirmative action is a carrot and a stick. It's a valuable tool to pry open the doors. It's a means to an end," Ireland said.

### Ethics

(Continued from page 1)

Mike Espy. For example, Espy is under investigation for charges that he accepted gifts, such as tickets to a sporting event and a plane ride, from Tyson Foods, Inc. Had he been in Congress, whose rules he was familiar with having served there previously, his acceptance of these gifts would not have generated this level of scrutiny. However, since he was a member of the cabinet, this same behavior was considered "unethical."

As an aside, another minority in President Bill Clinton's cabinet, Housing Secretary Henry G. Cisneros is being investigated by an independent counsel for making statements about payments made to his girlfriend. One can surmise that there is a systematic and incremental attack upon minorities in President Clinton's cabinet. Besides Brown, Espy, and Cisneros, the attacks on former Surgeon General Joycelyn Elders come to mind as relevant and inter-connected.

Brown's situation is more compelling in many respects. He is a man who has done so much good for the country, his party, and the President. He is the former head of the Democratic National Committee. Prior to these recent allegations, he was being considered to run President Clinton's 1996 re-election campaign.

Moreover, he has been a visible and able commerce secretary. Often he is featured in "The Wall Street Journal" for leading delegations of business people, no matter their party affiliation, on trips abroad to generate contacts and business. His good deeds in this respect have been many.

The Justice Department, at the behest of 14 Republican senators and Pennsylvania Representative William F. Clinger, who chairs the (ominous sounding) House Committee on Government Reform and Oversight, has determined that Brown's conduct, prior to his arrival as commerce secretary, was wrong. Brown's conduct is being reviewed by criminal prosecutors.

It is alleged that Brown evaded taxes, avoided and misrepresented required financial disclosure requirements and misled Congress. These charges stem from dealings which Brown had with Noland Hill in forming the corporation, First International. Apparently, First International was a highly unsuccessful Washington, D.C. investment and consulting company. It attempted to import oil from Angola and wire from Hungary. To the mis-tune, Brown added little, except for his formidable name.

See DC ETHICS/SPAGE 10

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The City of Newark's Gun Amnesty/Gun Buy Back Program has been approved by the State Attorney General's Office through the Essex County Prosecutor's Office for implementation by the Newark Police Department, pursuant to Municipal Ordinance 6 S & F adopted September 21, 1994

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## Fletcher

(Continued from page 1)

happen today. So one of the reasons and one of the ways I'll get to explain it kind of one of the reasons I'm deliberately turning for President is that the press will have to ask me what I did. And I can explain it better than anybody in the world since I did it.

Fletcher says he already had success in winning against the anti-affirmative action foes in Washington, State, California, Oregon and Denver.

Contending that he will not chase the press for visibility, Fletcher said, "I don't intend to convince the press. I'm going to convince people who think they are going to lose their jobs."

Fletcher continued, "Black folks relaxed and thought that I had a picnic from here on in, and right wing white folks who didn't want it to happen thirty years ago, now see the extent to which it is happening. Before voting rights, we had less than three thousand elected officials. In fact we had less than two thousand elected officials in 1964. Today it's eight thousand and growing."

"The white red neck element is furious over the fact that we are beginning to move into government and make policy in the executive legislative branches and serving on the judiciary. They intend to try and stop it. I'll give you another one. Before the 1964 Civil Rights Act was passed, there were about 3,800 black doctors who could only go to two medical schools. Today as I talk to you that number is approaching sixteen thousand and we can go to all medical schools. The white red neck element never did intend to get that happen. When the '64 civil rights act was passed we didn't have enough CFA's to get in a telephone booth. Today there's a national organization devoted to CFA's. The white community never intended for that to happen. That's why they are on the attack and that's why they want to wipe out affirmative action."

Fletcher says redneck sentiment seems so prevalent because "They have a whole string of radio stations. They have a whole string of right wing newspapers. In the meantime, the so-called liberal community, I don't like this term, went to sleep."

"So you've given the air waves and the print media, radio and television to the Rush Limbaugh crowd. And they have poisoned the climate. While those who thought, well we have the laws on the books and the courts seem to be ruling in our behalf, so the change is permanent. I never did think the change was permanent. They now understand what I meant, and my phone

is jumping off the wall," added Fletcher.

Some of the other issues contained in Fletcher's platform are social security, national security, national stability, national prosperity and future promise. "And I can relate affirmative action to national security. I can relate affirmative action to national stability. I can relate it to prosperity and guess what I can relate it to the promise of future."

Fletcher went on to say that he would not seek the backing of fellow Republicans like Gov. Christine Todd Whitman because he said he had already sent them letters alerting them to the mistakes they were making without any reply. "I'm not going to try to talk to Republicans. I'm going to talk to the voters that consist of fifty three percent of the nation's workforce. Minorities, women, it's African Americans, it's Asian, it's Hispanics and they're inviting me. They are calling. Hispanics are saying come talk to us. Come show us how we can do this together. I'm getting calls from Asian Americans on the Pacific Coast saying come on to us show us how we can get this together. So I will be wasting time trying to convince Republicans."

"I'm not going to go on ahead and show them that it's double. "I'm not a novice at this, I came within one percent of being Lt. Governor of the state of Washington in 1968. The black population in the state of Washington is less than four percent and I got a half million votes. And I never changed my campaign style when I talk to blacks. I used the same strategy when I talk to whites. A half million white folks voted to make me Lt. Governor of the state of Washington in 1968. So I've done it to blacks. You want to take about foreign policy I represented the US at the United Nations. So I'm not just another affirmative action candidate. But I can talk about affirmative action under any rubric you want to discuss it," says Fletcher.

So depending on how the waters test, Arthur Fletcher says he will defend this affirmative action legacy, educate the voters, preserve, refine, enhance and extend its existence as federal government public policy for at least another generation. And since President Johnson's Executive Order 11246 is the first New Jersey Coalition for School Breakfast. Fletcher is justifying setting the enforcement process in motion, he has concluded that the best place for him to achieve the above-mentioned mission, goals, and objectives is to be the next occupant of the Oval Room; namely, the President of United States of America.

## DC ethics

(Continued from page 3)

Having invested no capital in the corporation, Brown, it is alleged, received a hefty payment of approximately \$400,000. He also received: three checks totaling \$13,000; Payments of \$190,000 on his personal debts and legal fees; and forgiveness of debts totaling \$72,000.

Brown is confident that he will be cleared of these charges. No wonder. Last year he was cleared of charges that he accepted bribes from the Vietnamese government.

## Briefs

(Continued from page 3)

1935: American Association for Affirmative Action, 11 E. Hubbard St., Chicago, IL 60611, 312-329-9512; Black Human Resources Network, 1900 L Street, NW, Washington, D.C. 202-775-1669.

## School breakfast

(Continued from page 1)  
School Breakfast Program.

School participation of the breakfast program has increased since 1993 by 26.5 percent. According to the Food Research and Action Center (FRAC), New Jersey ranks number 6, in terms of increased levels of participation, within the nation.

In Union County alone, more than 25,000 students have access to a school breakfast program each morning, many of which are eligible for freight and reduced meals. According to the Wirthlin Group, who conducted a national survey last year on children's breakfast eating habits, the statistics are alarming. Summaries showed that forty-four percent of children regularly skip breakfast, and seventy-five percent of breakfast

skippers fail to meet the recommended daily allowance of calcium.

School breakfast is the solution to children not eating because it is Economical: free and reduced-price meals are available; Nutritious: provides one-fourth of a child's daily nutrients and Convenient: saves time in the morning.

Parents interested in having their children participate in the school breakfast program should contact their child's school food service manager. If a school breakfast is not currently available, parents should contact the school's administration to let them know they are interested in establishing one. For more information, please contact the New Jersey Coalition for School Breakfast Chairperson, Jacqueline Frederick at 201-266-8660.

# Division I gets fifth African-American head coach

by Bonitta Best

It was supposed to be so simple. Bill McCartney, head coach of Colorado had just resigned. Colorado's athletic department hired Rick Neuheisel, 33, who is white.

Naturally, the selection set off fireworks that split along racial lines. The Rev. Jesse Jackson and the Rainbow Coalition considered a boycott of Colorado by encouraging black athletes to sign somewhere else. Jackson later changed his opinion, saying he didn't think the hiring was racially biased.

But that doesn't mean Simmons is not bitter. And who can blame him? He has been an assistant coach at Colorado for seven years. He knew the system inside and out. Yet some kid, with only a year of coaching experience, comes in and becomes his boss.

"When you talk about continuity, the best choice should have been myself or Uzelac because of our longevity," says Simmons. "But when they chose Rick, that brought about the chain effect of guys leaving and doing what they want to do with their careers. I'm looking forward.

ward. There's nothing I can do about the past."

Indeed, Simmons has moved on. He recently accepted the head coaching job at Oklahoma State, making him the fifth African-American coach on the Division I level.

McCartney calls Simmons "one of the best recruiters I know." That's good because he'll need every ounce of recruiting skills he knows.

When football is mentioned in the state of Oklahoma, OSU is far from most people's minds. The Oklahoma Sooners are top dog, and though Simmons wants to break that stranglehold, it's not about to happen anytime soon.

Oklahoma's all-time winning percentage is .718 to Oklahoma State's .489. OU has beaten OSU 71 times with only 11 losses and seven ties. And most important of all, OU has six national titles to OSU's two.

"I don't play second-fiddle to nobody," says Simmons. "I'm gonna change some attitudes around here. I'm gonna change it with my team, the fans and our alumni. I don't play second fiddle to nobody. Nobody."

"People cannot continue to view certain things around here the way they do, or it'll be extremely difficult to accomplish anything. We must move forward, not stand still."

So far Simmons' recruiting prowess is working. He has signed 22 high school standouts to letters of intent, including his son, Nathan

Simmons, a Super Prep All-American.

Especially pleasing to Simmons is that thirteen are from Oklahoma. No Okie from Muskogee wants to lose their cross-town rival.

Simmons, who played linebacker at Bowling Green, has the enthusiasm and attitude that is starting to become contagious.

"In my two years here, I've never heard the words 'national championship,' or even 'Big Eight championship,' come out of the coaches' mouths," says quarterback Tone Jones. "I don't see how Colorado didn't want him. But I'm glad they didn't. It's like somebody was looking down on us. We have a new life now."

Credit incoming athletic director Terry Don Phillips who chose Simmons over five other candidates. He liked what he saw and heard the first time the two met.

"We were on the same page from the get-go," says Phillips. "I was real comfortable with his values. You know how when you meet somebody and you get a gut feeling this is right? That's how it was after meeting Bob and talking to people around the country about him."

So eat your heart out, Colorado. You'll miss Simmons long before he misses you. And, by the way, there's one other thing he says he won't miss.

"At least there is a black community here in Stillwater. I lived in Boulder seven years and I wasn't aware of one there."

## Racism reality

(Continued from page 1)

"The issue of whether we can focus on the dominant thing that is shaping our lives is critical. We have a word for people who can't deal with reality," she continued. "The lay people say: 'They're crazy.' The psychiatrists who gives an examination, and a critical part of that examination asks: Is this person oriented to time, place and

person? Do they know who they are? Do they know where they are? And do they know what time it is?"


"For example, I should say I am the Queen of England, you'd know what to do with me," she said, her audience bursting out in laughter. "But if I am living in a power social system structure that is dominated by the issue of race, and as a black person choose not to

focus on that because 'it is too difficult,' then that is another matter."

Never mind rampant Pan-African expressions denoting pride among black people. Dr. Welcoming made a telling dig at the secret places that hide stubborn fantasies of too many blacks, blocking their ability to confront everyday reality. Welcoming says, "If I could invent a pill that could do three things for

African Americans. I would become a millionaire overnight! What would these pills do? Why, they would: Make your skin whiter. Give you 'good' blow hair. And endow you with fine Caucasian features."

For a tense minute, a few groans of protest punctured the heavy silence before a scattered burst of laughter and applause.



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67 Paterson St. at Board of Chosen Freeholders  
Route 27 & Easton Ave. at train station

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E. Front St. & Madison Ave. at McDonald's  
E. Front St. & Somerset St.  
E. Front St. & Watchung Ave.  
E. Front St. at Union County Dept. of Human Svcs.  
E. 2nd St. & Church St. at Union County College  
E. 2nd St. & Watchung Ave.  
Watchung Ave. at YMCA  
W. 4 St. at Train Station  
Park Ave. & E. 5th St. at Red Tower Restaurant  
Park Ave. & E. 7th St.  
Park Ave. & Crescent Ave.  
Park Ave. & Randolph Rd. at Muhlenberg Hospital  
South Ave. & Leland Ave. at Burger King  
South Ave. at Foodtown

#### NEWARK

1060 Broad St. at bus stop  
Walnut & Orchard St. at Dept. of Justice Bldg.  
Broad St. at bus stop across from City Hall  
Broad St. & Green St. at City National Bank  
Broad St. & Market St. on each corner  
Broad St. at Prudential Building  
745 Broad St. at Prudential Building  
Broad St. & Cedar St.  
Broad St. at Military Park bus stop  
540 Broad St. & Lombard St. at Bell Atlantic Bldg.  
Market St. & Raymond Plaza at Penn Station bus stop  
Raymond Blvd. & Mulberry St. at PSE&G Bldg.  
Park Place at Robert Trent Hotel  
Central Ave. at St. Michael's Hospital Medical Center  
New St. & University Ave. at Rutgers University  
Martin Luther King Blvd. at County Executive Office  
Bergen St. at University Hospital  
Bergen St. at Pathmark

#### IRVINGTON

Springfield Ave. at bus stop  
Springfield Ave. & New St. at bus stop  
Springfield Ave. & Civic Square at post office  
Civic Square at City Hall

#### ELIZABETH

Elmora Ave. & W. Grand St. at Foodtown  
Elmora Ave. & W. Grand St. at Dunkin Donuts  
Railway Ave. at Dunkin Donuts  
Broad St. & Railway Ave. at library  
Railway Ave. at bus stop  
Railway Ave. & E. Tonn Plaza  
Elizabeth Ave. at Foodtown  
Broad St. & Railway Ave. at Court House  
Broad St. & Dickinson at McDonald's  
Broad St. & W. Jersey St. at bus stop  
N. Broad St. & W. Grand St. at bus stop  
N. Broad St. at post office

#### JERSEY CITY

Newark Ave. & Summit at Jersey City Public Library  
595 Newark Ave.  
Newark Ave. at Court House  
Journal Square  
Slip Ave. & Journal Square at Roy Rogers

#### EAST ORANGE

Central Ave. & Evergreen Pl.  
Central Ave. & Halsted St.  
Central Ave. & S. Clinton St.  
Central Ave. & S. Harrison Ave. at bus stop  
Main St. & Lincoln St. at Motor Vehicle Agency  
Main St. & South Burnet St. at East Orange Diner  
City Hall Plaza

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Dill Plaza & Clerks Pl. at post office  
Market St. & Crook St.  
154 Market St.  
151 Market St.  
Broadway & Memorial Drive at Passaic County College bus stop  
Broadway & Church St. at Dunkin Donuts  
MLK Way & Ross Park Blvd. at Unemployment Office  
Broadway & Madison Ave. at First Federal Bank  
Broadway & Madison Ave. at McDonald's bus stop  
Broadway & Barnett Hospital  
Broadway & E. 33rd St.

#### HACKENSACK

315 State St. at Kings Kids Day Care  
State St. & Sussex St.  
46 Main St. at bus stop  
165 Main St. at bus stop  
241 Main St. at First Federal Bank  
State St. at post office  
280 Main St. at library

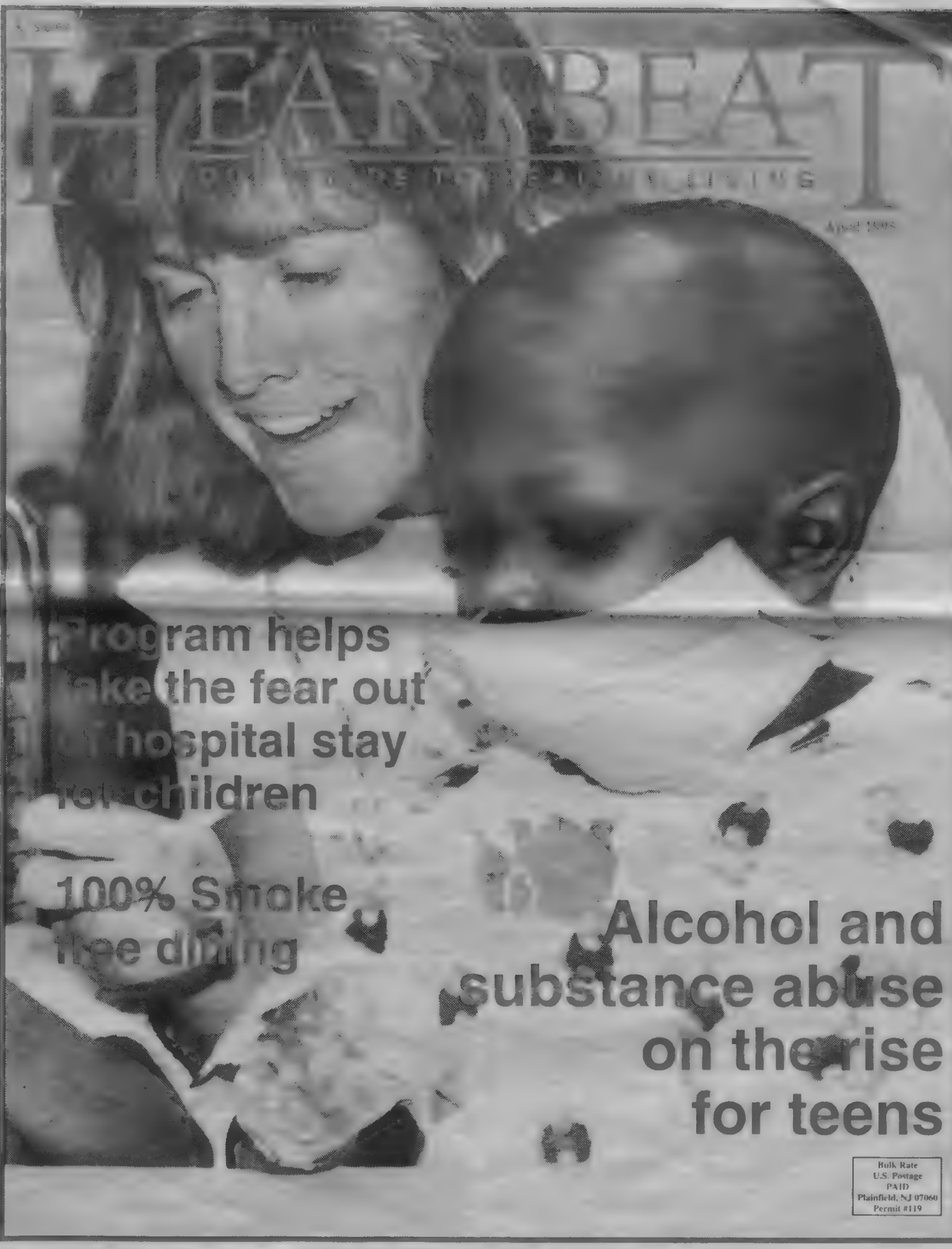
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## BRIEFS

## Diabetes hits Hispanics earlier

Adult-onset diabetes is attacking Hispanics at an earlier age and more often than other ethnic groups.

Adult-onset diabetes typically strikes people aged 30-60, but among Hispanics the disorder appears more frequently starting in the 30s, said Dr. Carlos Vallbona.

Diabetes occurs in adult Hispanics two to three times more often than in non-Hispanic whites. Much of the diabetes in Hispanics is undiagnosed, Vallbona said.

He suggests that Hispanics older than 35 be tested for diabetes. Complications, including premature death, can be prevented through early detection.

## Some advice for retirees

Ready to retire? Experts on aging advise that you "keep moving" and find something you like to do.

"It is almost as if retirement catches some people by surprise," said Susan Shekelle, senior social worker in the Geriatric Clinic at Baylor College of Medicine in Houston. "You cannot just walk up to the door on retirement day and say, 'So, what now?'"

"A real contributor to aging well," Shekelle said, "is to literally keep moving, physically as well as mentally."

"Find an activity that keeps muscles in good working order, such as walking at a mall or in your neighborhood."

Giving careful thought to what will replace work is also important, said Dr. Naomi Nelson.

She suggests looking for activities that fill the need for achievement and accomplishment, not just for something that fills time.

## Prevent-diaper rash

Whether you use cloth or disposable diapers, the bottom line is keeping the baby's skin dry. Approximately 30 percent of visits to pediatricians are related to diaper rash.

Diaper rash is caused by substances in feces and urine, by friction from diapers, by prolonged wetting and by soap, said Dr. Moise L. Levy.

Levy said the popular "baby wipes" contain alcohol and other additives that can aggravate the problem.

If diaper rash is not treated immediately, a bacterial or yeast infection can develop and worsen the situation. Frequent diaper changing is the best prevention, Levy said.

## "Hindmilk" beneficial for premature infants

Low-birth-weight babies fed human milk are benefiting from a new feeding plan that im-

proves weight gain.

Premature infants have shown a dramatic weight increase when exclusively fed "hindmilk," breastmilk produced after the initial flow, said Dr. Richard Schanler with the USDA's Children's Nutrition Research Center.

"The hindmilk is rich in fat and offers a concentrated source of calories," Schanler said.

In the past, premature babies had difficulty gaining weight on human milk because the fat separated from the milk and would stick to feeding tubes. Infants were usually switched to formula.

The new feeding technique enables infants to continue receiving human milk and to benefit from the protective substances in that milk which protects them from potentially life-threatening infections.

## Proper diet and exercise important

Most people experiencing chronic fatigue who are not clinically ill are suffering from unhealthy behaviors.

"The culprits are usually poor nutrition and lack of exercise," said Dr. Ken Goodrick.

Caffeine abuse may cause fatigue, and alcohol/drug abuse, stress and depression or irregular sleep patterns can play a role, Goodrick said.

Poor nutrition should be replaced by a balanced diet that provides no more than 30 percent of calories from fat. A healthy eating plan also includes five or more daily servings of fruits and vegetables and at least eight glasses of water.

Regular, vigorous (but not necessarily strenuous) exercise increases energy and helps with sleep. Forty-five minutes of brisk walking three to five times a week is helpful.

## Early diagnosis important with shingles

A sharp pain, especially on your torso or face, followed within a day or two by small blisters, could mean you have shingles, and the pain could worsen. It's important to get the painful skin condition diagnosed by a physician immediately.

"If shingles is treated within three days of the initial pain, chances are good the patient will heal faster and not experience any lingering pain," said Dr. Suzanne Bruce, a dermatologist.

Shingles is caused by the same virus that causes chicken pox and strikes only people who have first had chicken pox. The virus lies dormant until some unknown factor causes reactivation in a nerve. Stress may play a role.

## HEALTHCALENDAR

## EVERY SUNDAY

709-7600

Conversations with Carrier a live call-in program which discusses various health topics can be heard from 9:30 to 10 a.m. on WPAT, 930 AM.

## MONTH OF APRIL

JERSEY CITY—Six alcoholism and/or drug abuse counselor courses on Fridays and Saturdays from 9 a.m. to 4 p.m. at Jersey City State College. For more info call 201-200-3089.

## BEGINNING APRIL 10

LIVINGSTON—Self-help group for persons with anorexia, nervosa, bulimia and compulsive eating problems from 6:30 to 7:30 p.m. at 514 S. Livingston Ave. Call 1-800-624-2268.

## WEDNESDAY, APRIL 12

ENGLEWOOD—Low-cost cancer screenings for women over 40 at Planned Parenthood from 5 to 9 p.m. For more info call 201-894-0966.

JERSEY CITY—Spring Health Fair from 9 a.m. to 2 p.m. at Jersey City State College. FOR SCREENINGS YOU MUST CALL BY 4/7. For more info call 201-200-3456.

## THURSDAY, APRIL 13

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

## TUESDAY, APRIL 18

NEWARK—Annual Blood Drive at Columbus Hospital from 8 a.m. to 4 p.m. YOU MUST HAVE SOCIAL SECURITY NUMBER AND ID. For more info call 201-265-1414.

SCOTCH PLAINS—"Cancer Prevention" course held at Union County College from 7 to 9 p.m. For more info call 908-709-7600.

## BEGINNING APRIL 18

MILLBURN—Three support groups for cancer patients, family and friends of cancer patients and cancer survivors at the Cancer Care office. For more info call 201-379-7500.

## THURSDAY, APRIL 20

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Municipal Building Civic Square Plaza.

## APRIL 21, 22

WEST ORANGE—Kessler Institute will sponsor a two-day sports medicine seminar focusing on upper extremity and spine injuries. For more info call 201-736-9090.

## SUNDAY, APRIL 23

JERSEY CITY—6th Annual MS Walk at Liberty State Park at 9 a.m. For more information call 201-984-6667.

## TUESDAY, APRIL 25

SCOTCH PLAINS—"Hypertension" course held at Union County College from 7 to 9 p.m. For more info call 908-709-7600.

SCOTCH PLAINS—Safety Requirements in the Medical Office course at Union County College from 6:30 to 9:30 p.m. For further info call 908-

## WEDNESDAY, APRIL 26

WAYNE—Living Wills Advance Directives and Health Care Choices lecture at William Paterson College at 7:30 p.m. For more info call 201-595-2436.

## SATURDAY, APRIL 29

JERSEY CITY—"Infection Control and Barrier Precautions" course for licensed health care professionals at Jersey City State College from 10 a.m. to 1 p.m. Call 201-200-3157.

ROSELLE PARK—Second Annual Self-Advocacy Conference from 9 a.m. to 3 p.m. at Roselle Park High School. Call 908-754-2770.

## MONDAY, MAY 1

WESTFIELD—Support group for people caring for the elderly or chronically ill relatives in the parish center of St. Helen's Church at 8 p.m. For more info call 908-233-8757.

## MAY 1 - 19

PLAINFIELD—Union County College offering non-credit training program for Home Health Care Aides. For more info call 908-709-7602.

## TUESDAY, MAY 2

SCOTCH PLAINS—"Hypertension" course held at Union County College from 7 to 9 p.m. For more info call 908-709-7600.

## THURSDAY, MAY 11

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

## FRIDAY, MAY 19

NEWARK—Symposium: New Initiatives in Medical Education and Healthcare at the Alumni Reunion Weekend at UMDNJ. For more info contact Dr. Elizabeth Alger at 201-982-5436.

## MONDAY, JUNE 5

WESTFIELD—Support group for people caring for the elderly or chronically ill relatives in the parish center of St. Helen's Church at 8 p.m. For more info call 908-233-8757.

## THURSDAY, JUNE 22

IRVINGTON—Community High Blood Pressure Control Program, sponsored by the Dept. of Health's Nursing Division, from 4:30 to 7 p.m. at the Senior Citizens Center from 1 p.m. to 4 p.m. For more info call 201-399-6652.

## JULY 20 - 22

GHANA, AFRICA—Second International African Symposium on Sickle Cell Disease as well as a tour of Ghana. For information packet including land and travel costs as well as payment plan. Write to The Children's Hospital of Philadelphia, Attn: Comprehensive Sickle Cell Center, 324 S. 34th St., Philadelphia, PA 19110-9787 or call 215-590-3423.

## HEALTH RECOGNITION DATES IN APRIL

APRIL 10 - 16  
National Building Safety Week

APRIL 11 - 17  
National Medical Laboratory Week

Send health activities to  
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## Three easy steps for coping with children's allergies

James L. Phillips, M.D.



HOUSTON—You'll know it by the "allergic salute."

No, it's not a military procedure. It's the persistent rubbing of the nose common among young children with allergies.

Small, but powerful substances called allergens can make their eyes water, and their noses itch, drip and clog, while causing an itchy mouth and throat, and the allergic "shiners," discoloration beneath the eyes.

What can you, as a parent, do to help your child with allergies? First, know that you are not alone, says an allergy expert, Dr. Stuart Abramson of Baylor College of Medicine in

Houston. Some 40 to 50 million Americans suffer from allergies, he says. Allergies can be hard on children, leading to sinus and ear infections, behavioral and sleep problems, and asthma, a serious respiratory disorder that is the leading cause of school absenteeism, says Abramson.

Allergies are caused by allergens that are airborne, exist in food, medicine and insect venom,—among numerous sources. In animals, they are found in saliva. Many people think they are allergic to animal hair or dander—not true. When the animal licks their coat, they spread the allergen containing saliva, which is the real culprit.

Besides animals, three major sources for allergies are pollen from trees, weeds and grasses, mold spores (a member of the fungus family); and house dust, the most common cause of year-round allergic rhinitis.

Remember four simple steps to help your child cope with allergies:

- Avoid allergens when possible. Stay indoors in the morning during high-pollen count days. Let your child play on playgrounds with paved surfaces instead of having them play in the fields.

- Keep your child's bedroom as free as possible of allergens. Consider linoleum floors instead of carpeting, and buy only non-allergenic stuffed animals and synthetic pillows.

- Follow a doctor's prescription for medication. Effective drugs include antihistamines, topical nasal steroids, and others.

- Ask your physician about immunotherapy for severe allergies that do not respond to regular treatment. Immunotherapy is a series of injections that help "desensitize" you to allergens. This works very well for many people.

So be aware of the signs of allergies. Parents often confuse allergy warning signs for the common cold. Pay attention to that "allergic salute."

## HB KIDS

### Inner-city families know value of car seats but unable to purchase them

NEWARK—Inner-city families recognize the importance of child safety seats but often don't use them because of their cost, according to a study at the University of Medicine and Dentistry of New Jersey (UMDNJ).

In a survey of families that use nine daycare centers in Newark, 99 percent said that car seats should be used for children under the age of five. Yet, despite the high figure, only 6 percent of their toddlers were riding in car seats.

After families had been given car seats and instructions on how to install and use them, however, more than 60 percent of their toddlers were riding in the safety devices up to a year later.

The study, conducted by Drs. Barbara Louis and Michael Lewis of the UMDNJ-Robert Wood Johnson Medical School in New Brunswick, indicates that giving car seats to inner-city families would result in high usage among a population not currently using them.

This finding was included in a report recently presented to the state Department of Human Services' Office for the Prevention of Mental Retardation and Developmental Disabilities, which sponsored the study.

"Car seats have been shown to effectively reduce traffic fatalities and injuries among children under 5 years of age," said Dr. Lewis, director of the medical school's Institute for the Study of Child Development. "Despite this, car seats are not universally used and often, when used, are used improperly."

"There are three reasons that usually account for why people wouldn't do something they know is good for them—cost, lack of education or lack of motivation," he said. "In this case, cost is the overriding factor, so perhaps we should look to devise programs

for the distribution of car seats to this population."

During the study, researchers gave approximately 100 car seats to Newark families. The families were placed into two groups. One group received only the car seats and instructions on their installation and use, while the other received this information in addition to a one-hour education session regarding the importance of car seat and seat belt use.

The families were observed several times over the course of the next year as they picked up their children from the day care centers.

The study found that having the car seats not only improved the safety of toddlers, but also brought about the following behavioral changes:

- The number of toddlers secured in the car using seat belts rather than car seats decreased from 23 percent to 11 percent.

- The number of other children riding in the car wearing seat belts increased from 20 percent to 58 percent.

- The number of parents wearing seat belts increased from 36 percent to 47 percent.

There were no significant differences in behavior between the car-seat-only group and the car-seat-plus-education group, indicating that the families were already aware of the importance of car seats and seat belt use. "Education had little effect in this study," Dr. Lewis said.

Child safety seats, when correctly installed and used, reduce the risk of death by an average of 71 percent, hospitalizations by 67 percent and minor injuries by 50 percent, according to the National Safe Kids Campaign in Washington, D.C.

In New Jersey, car seats are required by law for infants under 18 months of age; seat belts or car seats are required for children from 18 months old to 5 years old.

### Is your child getting enough fiber?

HOUSTON—Children may not be getting enough dietary fiber, says a nutritionist at the USDA's Children's Nutrition Research Center.

"The U.S. diet is highly refined, and overprocessing removes much of the natural fiber that children and adults need," said Janice Stuff, a research instructor at Baylor College of Medicine in Houston.

Fiber or roughage is an essential part of a healthy diet. It aids in digestion, may reduce cholesterol, and protect against colon cancer. Fiber can also correct constipation, a common medical complaint in children.

Stuff says a 40-pound child needs 10 grams of fiber daily, compared to 15-20 grams for teens and 25-35 grams for adults.

"A child can get 10 grams of fiber each day by eating a sandwich using whole wheat bread, a medium apple or pear, a 1/2-cup serving of vegetables and a 1/2-cup serving of beans or lentils," she said.

Parents concerned that children are not getting enough fiber can make a few simple additions to their child's menu. Stuff provides the following suggestions:

- Add raisins or berries to whole-grain cereals
- Add whole-grain flour to pancake mix
- Use whole-wheat bread for toast or sandwiches
- Serve fresh fruit, such as pears or apples

with the skin

- Offer nectarines and bananas
- Serve chili with beans
- Make bean nachos using baked tortilla chips
- Stir granola or berries into plain yogurt
- Serve vegetables such as cooked corn, green beans, broccoli or carrots
- Add vegetables to pizza toppings and spaghetti sauces
- Keep carrot sticks on hand for snacks
- Offer popcorn as a snack food

Parents should increase amounts of dietary fiber slowly and encourage their child to drink plenty of water.

"If the body is not used to it, fiber can cause gas and stomach cramps at first," she said. Stuff urges parents not to become too zealous about fiber. "Remember, a child's requirement is only one-third as much as an adult, and fiber should be balanced with other nutritional sources. Too much fiber can cause children to feel 'full' before they get all the calories they need," she said.

Stuff says there is evidence that too much fiber can prevent absorption of needed minerals, such as calcium, iron and zinc.

"When children learn to balance their diet with high-fiber foods, they are beginning good habits that will offer healthy benefits over a lifetime," she said.

### What are your kids eating for breakfast?

Twinkies, a soda, or even a candy bar, are just a few of the non-nutritious snacks that many of today's children who eat breakfast, if they eat at all, are popping into their mouths before school.

It's a known fact that eating a nutritious breakfast is important for all children simply

because hungry students can't learn. Unfortunately, too many children fail to eat a hearty breakfast at home, leaving them not only hungry, but also lethargic, cranky and disruptive in the classroom.

That is why the National School Break-

(Continued on page 5)

# HB HEALTH

## Asthma: It's more serious than you think

Do you gasp for breath after exercise? Cough or feel tightness in your chest when people smoke near you? Wheeze when visiting your friend and her cat?

There may be more to such occurrences than you think. You may be one of 12 million Americans who suffer from asthma, the only chronic disease that is on the rise throughout the world.

Many people with asthma don't even know they have the disease. Some think they simply have chronic bronchitis, a cold or allergies. Others just ignore their symptoms. But if it's not diagnosed and treated properly, asthma can be life-threatening.

For African Americans, asthma is of special concern. The death rate from asthma among African Americans is three times higher than it is among whites. There're also four to five times more likely to be hospitalized for asthma.

Asthma cases and fatalities have been rising since the 1970s. The disease is more common in poor, largely black urban areas.

Experts are not sure why asthma is increasing, or why poverty increases the risk. Recent reports speculate that factors associated with overcrowded living conditions (such as repeated exposure to cockroaches, cigarette smoke, dust and mold) and lack of regular health care, keep the urban poor asthma's most frequent victims.

### What is Asthma?

Asthma is a chronic inflammatory lung disease. People with asthma suffer asthma symptoms when they are exposed to certain "triggers" that cause their lungs—which are extremely sensitive—to overreact and become swollen.

This makes it very difficult to breathe. As a person with asthma struggles to get oxygen, forcing air through the lungs results in a "wheezing" or "whistling" sound.

It's important to understand that even when a person with asthma is breathing easily and normally, that person's asthma is still there. Many people with moderate or severe asthma need to take medication every day to prevent severe asthma episodes.

Asthma can't be cured, but with proper diagnosis and treatment, it can be controlled. People who have it can lead regular, active lives.

### How Do I Know it's Asthma?

Wheezing is the symptom most often associated with asthma, but it's not always present, and it's not the only sign. Other major symptoms of asthma are: a cough that won't go away, tightness in the chest and shortness of breath.

Too often, people with asthma don't seek treatment for their symptoms and the next thing they know, they're being rushed to the emergency room. Therefore, it's important to get things checked out early.

If you or your child experience these symptoms, you should see a doctor and find out if it's asthma. He or she will ask you about your medical history and may perform a simple breathing test.

Asthma "triggers" are different for everyone. Common triggers include cigarette smoke, dust mites, mold, cockroaches and furry animals. Colds and other respiratory infections, cold weather and even stress can also bring on asthma symptoms.

### How Can I Manage My Asthma?

If you are diagnosed as having asthma, the good news is that modern medicine and new research has led to better treatment and control of the disease. Therefore, it's important to try to establish an ongoing relationship with a doctor who can prescribe a treatment plan tailored for your needs.

Asthma sufferers need to know the difference between medications that must be taken daily to prevent asthma symptoms, and medications that relieve symptoms once they begin. Ask your doctor which medications you need, how much of each to take and how long each takes to work.

Many asthma patients use peak-flow meters to measure how well they're breathing. Peak-flow meters can signal trouble before you can, and allow you to get things under control.

The three main things to remember: avoid the things that bring on your asthma, take your medicine regularly and keep medication handy that can open your lungs if you start experiencing symptoms.

### What Are My Resources?

The National Heart, Lung, and Blood

Institute is funding research to help determine ways communities can improve asthma control in African-Americans.

For example, one research project is looking at ways to promote asthma management in low-income, black neighborhoods. The goal of another project is to improve the

health status of minority children by providing them with a system of ongoing, preventive care.

For more information about asthma research, management and treatment, you can call the Institute's National Asthma Education and Prevention Program at 301-251-1222.

## ASTHMA: More serious than you think

Current data shows that the death rate from asthma among people ages 5 to 34 is five times higher among African Americans than among whites.

### Deaths caused by Asthma

per 1,000,000 people ages 5 - 34, 1991

3.0

Whites

14.6

African Americans

### DON'T IGNORE ASTHMA SYMPTOMS



Coughing



Wheezing



Shortness of breath



Tightness in chest

SOURCE: National Heart, Lung, and Blood Institute

## National Children's and Hospitals Week program helps to take the fear out of hospitals

NEWARK—Everyday thousands of children across America visit hospitals due to injury or illness. For a child, the hospital can be a big, scary, unfamiliar place. Fortunately, at Children's Hospital of New Jersey, a division of United Hospitals Medical Center, a lot is being done to make each child's visit more comfortable and to help children and families understand what to expect during a hospital stay. Children's Hospital of New Jersey held several programs throughout the week of March 19-25, dedicated to the special needs of children and their families in

health care settings.

According to Carol Rothman, Director of the Child Life Program at Children's Hospital of New Jersey, "The purpose of the activities and programs offered during Children's Hospital Week, was to take the mystery and fear out of hospital experiences. These events provide an opportunity to increase public and professional awareness of the unique needs of children and their families in the health care system.

The week-long celebration included a variety of activities designed to help take

the fear out of hospitals. The tables were turned as the children kicked off the week with "medical play", where they had the opportunity to be the doctor or the nurse. Children constructed casts for different parts of the body. Children had the chance to touch and examine sometimes "scary" hospital equipment first hand.

For example artwork was created by children with real hospital syringe. Children created artistic masterpieces by squirting paint through a medical syringe. The activity allowed children to "play" with something

that is usually painful and sometimes scary.

Children's Hospital of New Jersey, a division of United Hospitals Medical Center is the state's only comprehensive children's hospital. Children's Hospital of New Jersey is comprised of more than 80 specialists devoted exclusively to preventing, diagnosing and treating children's illnesses. The Children's Hospital of New Jersey is the state referral center for neurosurgery, ophthalmology and eye trauma, sickle cell cancer, heart disease and emergency medicine.



# Eating for breakfast

(Continued on page 7)

fast Program is so valuable. With the support of the school food service director, students are able to enjoy a nutritious and delicious breakfast at school, while getting one-fourth of their daily nutrient requirements as mandated by the United States Department of Agriculture.

Studies show that the average cost of breakfast per child in the National School Breakfast Program is only 54 cents as compared with the average cost of breakfast at a fast food restaurant which is approximately \$3.86, and may or may not be providing children with the proper nutrients such as calcium, protein and vitamins A and D. Through federal funding, many students are eligible for free and reduced meals.

The National School Breakfast Program meal includes a selection of these foods: one serving of fluid milk; one serving juice, fruit or vegetable; and two servings (any combination) from the bread and/or meat groups.

A typical breakfast menu from the Plainfield School District may include a cheese and egg omelet, fluffy croissant, 100% orange juice, and ice cold milk. Schools have the liberty of creating special food items for the students to encourage school breakfast participation, provided it fits within the USDA requirements.

"I take great pride in my job, and I am making sure the students take advantage of the school breakfast program," says Veronica Petroski, Food Service Director, with Ja-Ce Company in the Plainfield Public School District. "I typically feature menu planning that includes nutritious foods the students will enjoy. Cold cereal is always a favorite, but we also feature hot items like pancakes, French toast, and waffles."

To promote the importance of breakfast, Plainfield Elementary Schools will be celebrating School Breakfast during the week of April 24-28, 1995. A menu full of delicious, hot meals, along with special give-a-ways will be available for those who come to School Breakfast. Students will also receive a packet of nifty seeds to plant in time for a special summer harvest. If you are an elementary student in the Plainfield district, you won't want to miss breakfast during the week of April 24 - April 28!

If a school breakfast program is not currently available in your community, parents should contact the school's administration to let them know they are interested in establishing one. Or, for more information, contact The New Jersey Coalition for School Breakfast chairperson, Jacqueline Frederick, at 201-266-8660.

**HEARTBEAT—Your Guide To Healthy Living**

## Public invited to child abuse education program

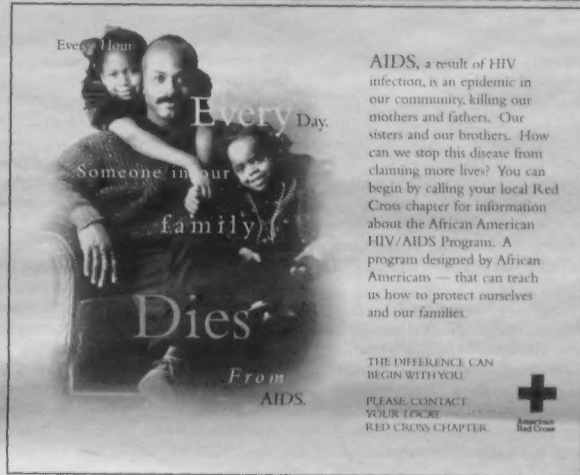
NEWARK—Prevention of child abuse and neglect is the focus for an upcoming program at the New Jersey Medical School. The program, entitled "Child Protection Awareness Day," will provide information on a variety of topics including recognition of child abuse and neglect, parenting skills and support services for families.

Sponsored by UMDNJ-University Hospital's Child Protection Consultation Team and the New Jersey Division of Youth and Family Services, "Child Protection Awareness Day" is Wednesday, April 12

from 9 a.m. until 2 p.m. The program which is open to the public and free, takes place in the Grand Foyer of the New Jersey Medical School at 185 South Orange Avenue in Newark. Refreshments will be served.

Representatives from area hospitals and community service agencies, including Parents Anonymous, Planned Parenthood, Newark Emergency Services for Families, The Young Fathers Program and Target Cities, are participating in the event.


For more information, contact UMDNJ-University Hospital at 982-5843.



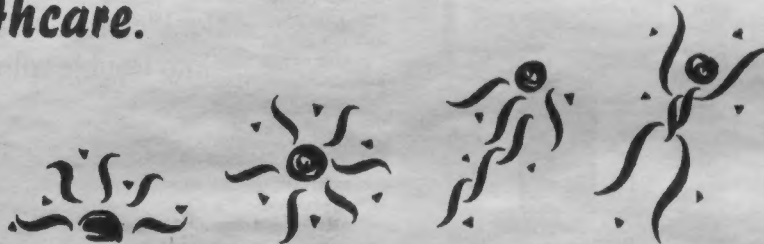
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Someone in our  
family  
Dies  
From  
AIDS.

AIDS, a result of HIV infection, is an epidemic in our community, killing our mothers and fathers. Our sisters and our brothers. How can we stop this disease from claiming more lives? You can begin by calling your local Red Cross chapter for information about the African American HIV/AIDS Program. A program designed by African Americans — that can teach us how to protect ourselves and our families.

THE DIFFERENCE CAN BEGIN WITH YOU.  
PLEASE CONTACT YOUR LOCAL RED CROSS CHAPTER.

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# HB DISCOVERY

## Drug use climbs among American teenagers

ANN ARBOR—Reporting on their twentieth national survey of American high school seniors, and their fourth national survey of 8th and 10th grade students, scientists at the University of Michigan Institute for Social Research have found that illicit drug use among American secondary school students continued to rise in 1994.

**Marijuana:** The rise in illicit drug use, which began at least three years ago for 8th graders and two years ago for the older students, has been particularly pronounced in the case of marijuana. Over the past two to three years, annual use of marijuana (any use during the 12 months prior to the survey) doubled among 8th graders (to 13%), grew by two-thirds among 10th graders (to 25%), and grew by four-tenths among 12th graders (to 31%). In addition, active daily use of marijuana (climbed by even larger proportions, reaching 3.6% among high school seniors in 1994—up by half from the 1993 level.

**The study:** The Monitoring the Future study, which is conducted at the University of Michigan's Institute for Social Research, under a series of research grants from the National Institute on Drug Abuse, has provided key measures of drug use among American young people since 1975. It tracked an expansion of the drug use epidemic into the late 1970s, a subsequent turnaround and substantial decline which lasted through 1991, and now a resurgence in use since 1991. It also has provided important evidence about what factors have

driven these changes. The study is conducted by University of Michigan social scientists Lloyd D. Johnston, Patrick M. O'Malley, and Gerald G. Bachman.

**Other Drugs:** While marijuana has had the most dramatic turnaround in the 1990s, a number of other illicitly used drugs have been rising gradually as well. These include LSD, other hallucinogens taken as a class, inhalants, stimulants, barbiturates, and this year, cocaine and crack. The researchers note, however, that the increases in the use of these other drugs have been quite gradual and that many of the 1993-1994 changes do not reach statistical significance, even though they continue a longer-term trend that is significant.

"Despite substantial progress against illicit drug use in earlier years, it remains an appreciable problem among American young people," notes Johnston.

"Over a third of all 8th graders have used some illicit drug, including inhalants, while over 40% of all 10th graders, and nearly 50% of all 12th graders have done so. Furthermore, it is a problem which is getting worse at a fairly rapid pace."

Johnston believes that the rapid expansion in the numbers of students using marijuana increases the pool of young people who are willing to consider using other drugs, and that this helps to explain the rising proportions using them.

**Inhalants:** Johnston is also concerned about the gradual rise in inhalant use which has been occurring intermittently since the early 1980s, including the past two or three years.

"Inhalant use is highest during early adolescence and, in addition to being quite a dangerous practice in its own right, can help establish an early pattern of using drugs to get high," observes Johnston. One in every five or six students at each grade level has tried an inhalant, but current use is highest among the 8th graders. In fact, until the large increase in marijuana use this year, inhalants constituted the most widely used class of drugs among 8th graders.

"For the foreseeable future, American youngsters will be aware of the psychoactive potential of many drugs and, in general, will have relatively easy access to them. In the absence of reasons not to use them, many are going to try them and a significant number will get into trouble with them."

"We need to be more aware of, and concerned about, the messages that are reaching young people with regard to drugs. Those in the media and entertainment industries have a particular responsibility to be more constructive in the messages and role models that they present to young people. Youngsters growing up today are getting considerably more mixed messages about drugs than those who grew up in the late 1980's, and their behavior reflects this. They are hearing much less about the dangers of drugs and seeing more glamorization of drug use."

**Alcohol:** Although there had been some earlier decline in alcohol use among high school seniors, in 1994 there was no decline at any grade level. In fact, while none of the changes was statistically significant, all three grades showed some upward drift in current drinking, binge drinking, and drunkenness.

"Drinking rates remain high for American teenagers," Johnston observes.

"When we ask whether they have had five or more drinks in a row during the prior two week period, one in seven 8th graders say they have, nearly one in four 10th graders, and more than one in every four 12th graders. Further, much higher proportions are active drinkers at some level."

"Because this class of volatile substances is comprised mostly of legal products found around the home, it has received less attention than it should," Johnston adds. "It has become an important part of the drug abuse problem, particularly among the country's younger adolescents."

**Attitudes and Beliefs.** Over the past 20 years, the University of Michigan investigators have accumulated a substantial body of evidence that the likelihood of using a drug is

directly affected by how dangerous students believe its use to be. "During the 1980s, increasing concern about the dangers of marijuana use seemed to drive a substantial decline in use," Johnston states.

"Fewer people initiated use, and more of the users quit, as the proportion of seniors seeing a great risk in regular use rose steadily, from 35% in 1978 to 79% in 1991." Since 1991, however, there has been a steady and accelerating decline in perceived risk, with only 65% now reporting a great risk associated with regular marijuana use.

In addition to the dangers associated with using drugs, the attitudes of peers also seem to be an important determinant of drug use.

**"For the foreseeable future, American youngsters will be aware of the psychoactive potential of many drugs and, in general, will have relatively easy access to them. In the absence of reasons not to use them, many are going to try them and a significant number will get into trouble with them."**

"Peer norms often appear to shift with changes in the perceived dangers of a drug, the most obvious case in recent years being the decline in the acceptability of cigarette smoking in the general population," adds Johnston. In the case of marijuana, the proportion of high school seniors who, disapproved of even trying it rose dramatically between 1978 and 1992, from 33% to 70%. But then, a year after perceived risk began to decline in 1991, peer disapproval also began to fall, dropping from 70% in 1992 to 58% in 1994.

"In other words," states Johnston, "the decline in perceived risk predicted the decline in peer norms as well as the increase in actual use, both of which began a year later."

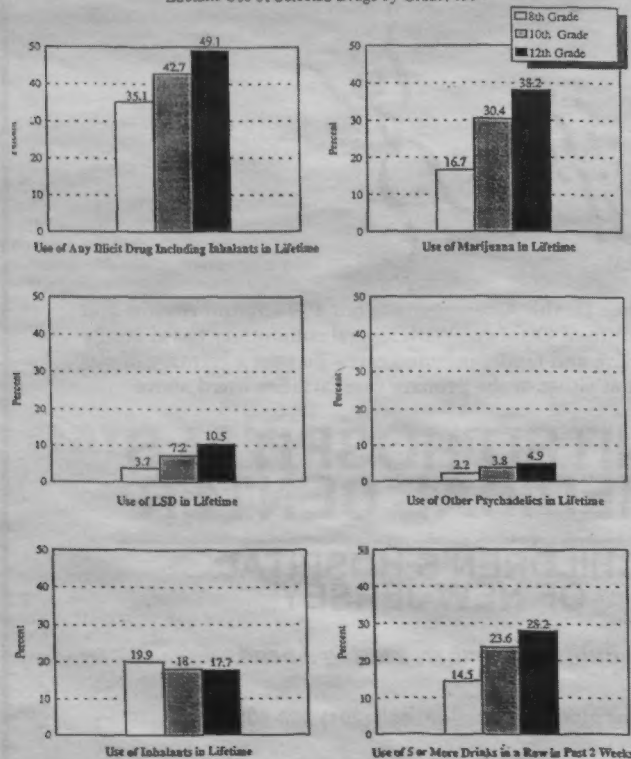
Among the 8th and 10th graders the amount of risk perceived to be associated with marijuana use is also declining rapidly.

The proportions of students saying there is a "great risk" associated with the use of a number of drugs other than marijuana, including LSD, cocaine, and crack, have also been significantly declining. While some of these declines appeared to halt in 1994 among the seniors, they continued among the 8th and 10th graders. Similarly, peer disapproval among 8th and 10th graders is continuing to decline with regard to LSD, cocaine, and crack. The great majority, however, still disapprove of the use of these drugs.

**Indications for the Future:** Asked to comment on what the future holds with regard to illicit drug use, Johnston states,

"If the softening of attitudes and peer norms continues unabated, we can expect to see continued increases in drug use among our children. These factors proved critical in bringing about the downturn in use that began nearly fifteen years ago, and they are still critical to keeping drug use contained today."

Lifetime Use of Selected Drugs by Grade, 1994



# HB PULSE

## Healthcare veteran heads national preventive screening program



Patricia Johnson, national marketing officer of Check-Up Centers of America

WOODLAND HILLS, CA—Patricia D. Johnson has committed the past 20 years to the health care industry. Through her executive management roles at Blue Cross of California and her own personal commitment to improving the health status of all Americans, Johnson has earned national recognition.

Johnson currently faces her most challenging career opportunity to date. After developing and implementing over 100 preventive screening centers for Blue Cross of California, her current role is to oversee the national roll-out of this unique preventive screening program, called Check Up Centers of America. As the national marketing officer, Johnson is responsible for the implementation of Check Up Centers of America outside California and the design and implementation of creative preventive care services that meet the needs of managed care companies. She will travel the country over the next few years introducing the Check Up Centers of America program to a national audience.



The president of North Jersey Medical Society, Dr. Francis E. Blackman, converses with the South Jersey Medical Society's president Dr. Ruby White, and Dr. Yves Manigat about the recent 300 attendees at the scholarship dinner dance at the Radisson Hotel in Newark.

## New drug-free workplace kit is a "how-to" for small businesses

A new kit designed to assist small businesses in setting up low-cost, effective alcohol and other drug prevention policies and programs is now available. Making your workplace drug free: A kit

for employers can be ordered free-of-charge by calling the National Workplace Helpline at 1-800-843-4971.

The easy-to-implement package includes innovative "how-to" strategies based on the solid experiences of small and large businesses. These companies have long recognized the benefit to the bottom line that prevention policies offer. The kit also provides an overview of components for a practical and successful program: clear, simple steps for starting a program; training materials for supervisors; and employee education materials.

The National Workplace Helpline is operated by the Center for Substance Abuse Prevention, one of three centers under the Substance Abuse and Mental Health Services Administration, an agency of the U.S. Public Health Service.

## More 100% smoke-free dining in New Jersey

SUMMIT—Smokefree restaurants, bars, and clubs in New Jersey have increased 60% in just seven months. More than 100 additional smoke-free restaurants in the state have been identified since June, when New Jersey GASP (Group Against Smoking Pollution) last published its directory 100% Smoke-free Dining in New Jersey.

A copy of the full smoke-free dining directory plus the recent update is available, free, by sending a self-addressed, business-size envelope with 55 cents postage to Dining, New Jersey GASP, 105 Mountain Avenue, Summit, NJ 07901.

Here are just a few of 100% smoke-free restaurants in your area:

**East Rutherford**  
Winners Club  
Byrne Meadowslands Arena  
50 Rt. 120  
201-933-8867

**Englewood**  
J & H Restaurant  
18 W. Palisade Ave.  
American  
201-569-2233

**Hackensack**  
Ville de Colombia  
12W Merner St  
Colombian  
201-343-9872

**Teaneck**  
Allies American Grill  
Marriot at Glenpointe  
100 Frank W. Burr Blvd.  
201-836-0600

**Fliegels Restaurant**  
456 Cedar Lane  
Kosher  
201-692-8060

**Westwood**  
Sunny Garden  
700-790 Broadway  
201-666-3332

**Livingston**  
New Gourmet  
Deli & Restaurant  
18 E. Mt. Pleasant Ave.  
(Rt. 10)

201-994-2022  
Stretch's  
18 E. Mt. Pleasant Ave.  
(Rt. 10)  
201-994-4043

Tod's  
360 F. Northfield Rd.  
continental  
201-992-6339

**Maplewood**  
Waterlilies  
166 Maplewood Ave.  
Chinese,  
sushi bar, BYOB  
201-275-0888

**Millburn**  
Birds of a Feather  
279 Millburn Ave.  
rotisserie turkey,  
chicken  
201-376-2515

Emack & Bolio's  
340 Millburn Ave.  
ice cream parlor, light  
meals  
201-467-5530

F.M. Kirby  
Carriage House  
Paper Mill  
Playhouse Courtyard  
Brookside Dr.  
contemporary American  
201-379-2420

**Upper Montclair**  
Arturo's Bricks  
225 Bellevue Ave.  
pizza, sandwiches  
201-744-2300

Evergreen Restaurant  
594 Valley Rd.  
natural foods  
201-744-4120

**West Caldwell**  
Linda's Flame Roasted  
Chicken  
771 Bloomfield Ave.  
201-226-5522

**West Orange**  
Yoshi-Sono  
643 Eagle Rock Ave.  
Japanese  
201-325-2005, 3437

**East Brunswick**  
Discovery Zone  
Midstate Mall  
300 Rt. 18  
light meals  
908-613-8900

Everything  
Yogurt  
Brunswick Sq. Mall  
755 Rt. 18  
light meals  
908-613-9110

Little Caesar's  
645 Rt. 18

pizza  
908-238-0730

Sports N Stuff  
10 Alvin Ct.  
light meals  
908-651-1717

Thin's Inn  
233 Rt. 18  
908-246-7858

**Edison**  
Birds of a Feather  
1197 Amboy Ave.  
rotisserie turkey,  
chicken  
908-494-2550

Le Peep  
561 Rt. 1  
908-819-7666

**Metuchen**  
Allegro  
426 Main St.  
908-549-3400

Radhana's  
Thai Kitchen  
10 Pearl St.  
908-548-9747  
(fax 5320)

**New Brunswick**  
The Old Bay  
61-63 Church St.  
French Creole  
908-246-3111



(L-R) Phillip Parker, Sue Poirer, and Tony Lucia, campaign captains at Kemper National Insurance Co., ran a United Way of Union County campaign which raised a total contribution of \$54,302, a 49% increase overall. Employee participation reached 94%, the highest in all the county.



The Open Heart Organization of New Jersey, an affiliate of Newark Beth Israel Medical Center, has launched its annual raffle sale to raise money for the purchase of cardiac surgery equipment and to support its annual scholarship program for college students who are receiving passing grades and furthering their medical education. Organization members helping sell chances are seated from left: Sophie Batruk of South Amboy, Juanita Hunter of Newark, and Geraldine Frye of Newark. Also selling chances are standing from left: raffle cochair Harold Isaacs of West Orange, Maxine Roberson of Newark, organization chairman George Bauer of Bloomfield, ad journal co-chair Max Desonne of Jersey City, and raffle co-chair Sigmund Batruk of South Amboy, and Gert Isaacs of West Orange. The group is selling chances for \$1 each in the medical center's main lobby, every Saturday and Sunday beginning at 11 a.m. The raffle sale will continue until the organization's annual luncheon on Sunday, April 30, at The Westwood in Garwood. There will be two winners of \$500 gift certificates and three winners of \$300 gift certificates for merchandise at or from a store of their choice.



# The cost of a mammogram shouldn't cost you your life.

Too many women are putting off having a mammogram because of the price.

At The Center For Breast Imaging, we're committed to changing this. That's why our mammograms are only \$60, a price most working women can afford.

Yet, our low price in no way reflects the quality of service. Located in the New Jersey Medical School Doctors Office Center (DOC), your mammogram will be performed in a new \$55 million

Average Price	Our Price
\$120	\$60

facility that includes some of the best equipment if the state.

The Center for Breast Imaging has also been accredited by the American College of Radiology which means our equipment and staff meet the highest quality and safety standards.



The Center for Breast Imaging has an all female staff, and our doctors are faculty members of the New Jersey Medical School. In this setting, you're assured of the latest technologies and advances. Your mammogram results will be discussed with you right then and there, so you can leave with peace of mind.



But, more importantly, a mammogram is the earliest way to detect breast cancer, even as tiny as a pinhead. Cancer, which at that stage, has the highest cure rate.

Before age 40, it is wise to have a baseline mammogram. After that, every 1-2 years based on your physician's recommendation until age 50. Over 50 a mammogram should be done yearly.

Age	Recommended
Age 40	Baseline
40-49	Every other year
Over 50	Every year

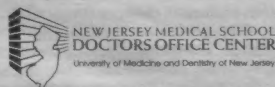
The DOC is located near all major highways and has a free 1000-car parking garage for added convenience.

So call The Center for Breast Imaging at (201) 982-2878. Because no one can afford not to have a mammogram.



THE  
CENTER  
FOR BREAST  
IMAGING

90 Bergen St., Suite 1500, Newark, NJ 07103-2499



NEW JERSEY MEDICAL SCHOOL  
DOCTORS OFFICE CENTER  
University of Medicine and Dentistry of New Jersey

For a FREE Breast Self-Exam Shower Card, call our toll free number: 1-800-982-DOCS (3627)